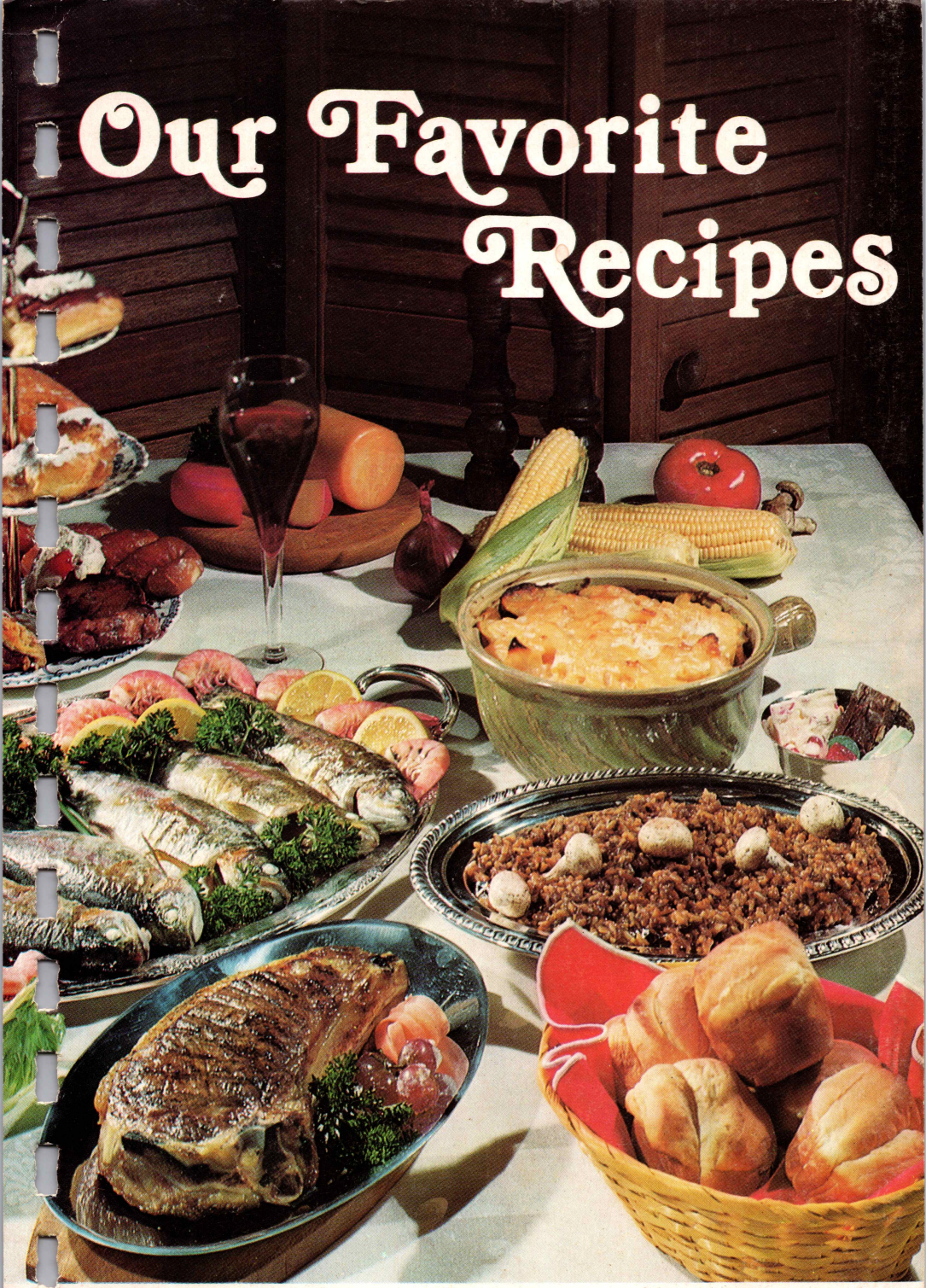
Our Favorite Recipes



Montauk Community Church

Expression of Appreciation

Our organization, the compilers and sponsors of this cookbook, would like to thank and express our sincere appreciation to the many people in the community who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of our cookbooks. Without their help, this book would not have been possible.

The Cookbook Committee

MONTAUK COMMUNITY CHURCH

MONTAUK , NEW YORK

A COLLECTION OF RECIPES

Sponsored By

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Montauk, New York

1986

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DEDICATION

We dedicate this book to all cooks. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we, the sponsors, have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

Our thanks to all those who generously contributed their favorite recipes. Without their help, this book would have never been possible.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.

List Your Favorite Recipes Here

Recipes	Page

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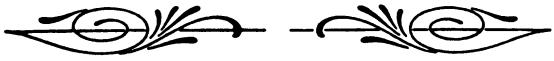

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Appetizers, Relishes
& Pickles

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16 Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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APPETIZERS, RELISHES & PICKLES

CRABMEAT ON PUMPERNICKEL

8 oz. cream cheese
6 oz. crabmeat
2 Tbsp. milk
2 Tbsp. finely chopped onion
1/2 tsp. horseradish
lemon juice
1/4 tsp. salt
1/4 tsp. pepper

Soften cream cheese. Mix all ingredients together. Bake at 350° for 15 minutes.

Lorraine L. Wells

OYSTERS ROCKEFELLER

30 large oysters, chopped
6 Tbsp. butter
1 c. minced celery
3 Tbsp. flour
3 Tbsp. heavy cream
1/2 c. Italian bread crumbs
1 pkg. frozen spinach, cooked and drained

Shuck oysters (or open in microwave), keeping juice and 18 shells or so. Heat oysters in own juice until plump (about 2 minutes). Drain and measure 1 1/2 cups juice; if necessary, add chicken broth to make 1 1/2 cups.

Melt 3 tablespoons butter in saucepan; saute celery until tender but still crisp. Add flour; stir until blended. Add juice gradually; cook, stirring constantly, until thickened. Remove from heat; stir in cream, chopped spinach and oysters. Fold into sauce; spoon into shells.

Melt remaining butter mix with crumbs. Sprinkle over filled shells. Bake at 450° for 10 minutes.

Gail Webb

SMOKED FISH

fish fillet (of your choice)
4 qt. water (first 1 hot)
3 c. sugar
3 c. kosher salt

Weight fish down with dinner plate in a very large glass or plastic bowl, then cover with the above ingredients. Soak 6 hours or more and drain and

rinse each piece under faucet. Pat dry with paper towels and let dry 1 hour. Place skin side down on rack in smoker. Heap pan (which comes with smoker) with hickory chips. Plug in and smoke about 3 to 6 hours, according to size of fish fillets and how fast your smoker works. Replace chips 4 times during smoking.

Gail Webb

PICKLED FISH

bluefish fillet (any kind may be used)
1 1/4 c. white vinegar
1/2 c. sugar
2 Tbsp. salt
1 Tbsp. pickling salt
1 large onion, sliced

Cut skinned fish fillets into 1- to 1 1/2-inch pieces to fill 1-quart jar. Layer fish and onion in jar; add liquid and cap. Refrigerate. Turn over at least once a day for 7 days.

Burt Tuma

BAKED STUFFED CLAMS (A La Lorraine)

2 doz. medium-sized clams
4 small onions
1/2 green pepper
3 stalks celery
1 (15 oz.) pkg. seasoned bread crumbs
2 cloves galric
1/4 lb. butter
3 Tbsp. evaporated milk
dash of hot sauce
1 tsp. sage
1 tsp. thyme
1/2 tsp. dill weed

Put clams in freezer until open. Dice raw clams and save juice. Brown onions, celery and garlic in butter. Add to clams. Add all other ingredients. Stuff in cleaned clam shells and bake in oven for 20 minutes at 350°-375°.

Lorraine Wells

BAKED CLAMS A LA GEORGE

flavored bread crumbs
clams

Open clams; save juice. Add enough bread crumbs to cover clams; add clam juice and olive oil (lotsa oily); form oil covering. Add:

handful of finely chopped garlic
handful of onion
pepper
celery

Broil to perfection (should be greasy-flavored bread crumbs).

Place clams on baking dish; place in hot broiler. Bake until calms are dark brown on top. Serve with sliced lemon.

George Watson "The Dock"

BAKED CLAMS
(A La Gail)

1 doz. littleneck clams
1/2 c. celery
1/2 c. green pepper
3-6 Tbsp. sweet margarine or butter
1-3 Tbsp. flour
oregano
parsley
pepper
garlic powder
Italian bread crumbs
3 tsp. (or more) margarine
bacon for topping (optional)

Open clams in microwave or steam open in pan. Chop; save juice and shells.

Saute celery and green pepper in margarine. Stir in flour. Blend in clam juice and seasonings to taste. Cook and stir until thickened. Add clams. Fill shells.

Melt remaining margarine and mix with bread crumbs. Sprinkle over filling. Refrigerate until ready to bake. Bake at 400° until hot and browned, about 10 minutes.

Optional: Top with chopped bacon before baking.

Gail Webb

CLAMS ROCKEFELLER

1 can undrained minced clams
1 (10 oz.) pkg. chopped spinach, cooked and drained

1/3 c. Italian bread crumbs
1 Tbsp. lemon juice
1/4 tsp. garlic powder
dash of pepper
1/2 c. mayonnaise
2 Tbsp. Parmesan cheese (fresh), grated

Combine in flat baking dish. Sprinkle with more Parmesan cheese. Bake 20 minutes at 350°. Serve with king-size Fritos.

Gail Webb

DEVILED CLAMS

1 doz. medium-sized hard clams

Open clams, reserving the liquid. Save shell halves and wash or clean well for filling. Rinse clams off in their liquid. Set liquid aside until sediment settles. Strain through cheesecloth a few times until liquid clears. Save to add some to filling mixture.

some crackers (8 or 10)
1 medium-sized onion
butter
a little clam broth
a little chopped bacon
a little parsley

Using coarse blade on food grinder, grind up some crackers, then grind onion and saute onion in butter. Grind the clams. Mix clams and sauteed onion with the cracker crumbs to thicken. Add a little clam broth for flavor. Set aside as crackers will cause mixture to thicken. Only use enough crackers to make mixture thick enough to spoon into shells! Sprinkle on top of each a little chopped bacon and parsley.

Place under broiler until hot and lightly brown on top. Serve hot.

To vary, you can grind up some Cheez-Its instead of plain crackers.

Libby Lane

SHRIMP SNACKS

1 can small shrimp, drained and flaked
1 stick margarine
1 jar Kraft Old-English cheese
2 1/2 Tbsp. mayonnaise
1 1/2 tsp. garlic powder

Mix. Spread on 6 split English muffins. (freeze if desired.) Cut into eighths and broil until cheese bubbles.

Jean Ruggles

ZUCCHINI RELISH

10 c. ground zucchini
4 c. ground onions
5 Tbsp. salt
2 1/4 c. cider vinegar
4 1/2 c. sugar
1 Tbsp. mustard seed
1 Tbsp. turmeric
1 Tbsp. celery seed
1 Tbsp. nutmeg
1 red pepper, finely chopped

Mix zucchini, onion and salt. Let stand overnight. Drain well.

Combine vinegar, sugar, mustard seed, turmeric, celery seed, nutmeg and red pepper in large pot. Mix drained zucchini mixture into combined spices. Heat until simmering. Simmer 30 minutes. Makes 8 pints.

"Super good with fish or meat."

Ellen Johns

SEVICHE
(Raw Marinated Fish)

1 1/2 lb. striped bass, cod, fluke flounder, etc.
1/2 c. lime juice
1 tsp. salt
1/8 tsp. Tabasco sauce

Marinade:

1/2 c. grapefruit juice
1 Tbsp. finely chopped onion
1 Tbsp. finely chopped green pepper
1 tsp. finely cut chives
Boston or romaine lettuce leaves

Remove skin from the fish, if necessary, and using a very sharp knife, cut the fish into thin slices.

Combine the lime juice with the salt and Tabasco sauce and pour over the cut fish, pressing fish below surface of lime juice if possible. Use a Pyrex bowl for this. Cover and marinate in the refrigerator overnight.

Just before serving, add the grapefruit juice and the finely chopped onion, green pepper and chives. Mix well.

Lift fish from the marinade with a fork and serve on lettuce leaves. Spoon a little of the marinade over top as dressing.

Fish can be used on saltines as hor d'oeuvres.

Ethel Kosack

CRABMEAT SPREAD

1 (6 oz.) can or frozen crabmeat
8 oz. cream cheese
1 tsp. minced onion
2 Tbsp. mayonnaise
2 Tbsp. horseradish
1/4 tsp. salt
dash of pepper
1 tsp. Worcestershire sauce

Put in greased baking dish and sprinkle with paprika. Bake 12 to 15 minutes at 375°. Serve with crackers, hot.

Audrey Dilbatis

HOT CLAM SPREAD

2 cans minced clams (Doxee)
1 c. bread crumbs
1/2 c. melted butter
1/2 tsp. oregano
1/2 tsp. parsley flakes
garlic salt
4 oz. Mozzarella cheese
1/2 c. Parmesan cheese

Combine all, except cheese, until well mixed. Put in 9-inch oven dish. Sprinkle with Parmesan cheese and grated Mozzarella cheese. Bake at 350° for 15 minutes.

You can do ahead and freeze.

Donna Etzel

HOT ARTICHOKE SPREAD

1 can artichoke hearts, drained and cut in chunks
1 c. mayonnaise
1 c. grated Parmesan cheese
dash or 2 of Tabasco sauce
dash or 2 of garlic powder (or use fresh garlic)

Mix and place in small casserole. Sprinkle with paprika and bread crumbs. Bake at 350° for 20 to 30 minutes. Serve hot.

Kathy Vegessi

DIP

2/3 c. Hellmann's mayonnaise
2/3 c. sour cream
1 Tbsp. chives
1 Tbsp. parsley
1 Tbsp. dill weed
1 tsp. minced onion flakes
1 tsp. seasoned salt

Combine all ingredients.

Pamela K. Lycke

TOMATO JALAPENO CHEESE DIP
(Microwave)

2 lb. American cheese, cubed
1 (5.3 oz.) can evaporated milk
1 (1 1/2 oz.) can tomatoes and jalapenos, drained

Combine all ingredients in a 2-quart glass measure or a microproof bowl. Cook for 7 minutes or until cheese is melted, stirring once during cooking time to blend mixture.

Note: You can also freeze leftovers; it lasts 2 months.

Dorothy Bloecker

FIVE-SPICE CHICKEN WINGS

3-4 lb. chicken wings

Cut off ends of wings; use for stock. Cut other part of wing at joint. Mix:

1/2 c. soy sauce
1/4 c. chopped onion
1 clove garlic, crushed
1 tsp. minced fresh ginger root

Mix the following and set aside:

1/2 tsp. cinnamon
1/4 tsp. ground allspice
1/4 tsp. crushed anise seed
1/8 tsp. ground cloves
dash of black pepper

Marinate the chicken wings in the soy sauce, onion, garlic and ginger root for 3 to 4 hours. Drain and arrange chicken in a shallow baking pan.

Mix 1/2 of the spices; sprinkle over chicken. Bake at 325° for 1/2 hour; turn wings over and sprinkle the remaining spices over wings. Bake another 1/2 hour.

Audrey Dilbatis

CHEESE BALL

2 (8 oz.) pkg. cream cheese
2 c. chopped walnuts
1 (8 1/2 oz.) can crushed pineapple
1/2 c. finely chopped green pepper (fresh)
2 Tbsp. chopped onion
1 tsp. seasoned salt

Beat cream cheese until smooth; add pineapple, 1 cup of walnuts, onion and pepper, blending until smooth.

Put some walnuts on waxed paper; put cheese on top. Cover and refrigerate for 1/2 hour. Take out of refrigerator and roll in remaining walnuts; refrigerate overnight. Roll into shape of ball. Ball may be frozen.

Audrey Dilbatis

BACON AND CHEESE FINGERS

1 c. shredded Swiss cheese
8 slices bacon, fried crisp and crumbled
1/4 c. mayonnaise
1 1/2 tsp. celery salt
1 Tbsp. grated onion
16 slices day-old bread

Blend fine ingredients and spread on bread. Cut in fingers and bake on rack 10 minutes or more. Makes 30 appetizers.

Soups, Salads
& Sauces

Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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LENTIL-VEGETABLE SOUP

2 c. lentils
2 slices bacon, diced
1/2 c. chopped onion
1/2 c. chopped celery
1/4 c. chopped carrots
3 Tbsp. snipped parsley
1 clove garlic, minced
2 1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. oregano
1 (1 lb.) can tomatoes
2 Tbsp. wine vinegar

Rinse lentils; drain and place in soup kettle. Add 8 cups water and remaining ingredients except tomatoes and vinegar. Cover and simmer 1 1/2 hours, then add tomatoes and vinegar. Simmer, covered, 30 minutes longer. Season to taste.

Lorraine L. Wells

CLAM CHOWDER

2 slices bacon, cut in small pieces
1 (No. 2) can whole tomatoes
4 medium potatoes
1 stalk celery
2 medium onions
1 small carrot
12 large chowder clams
1 Tbsp. thyme

Dice vegetables and put in bowl with about 2 quarts water. Open clams, saving juice. Strain juice; set aside. Cut up clams to bite size and set aside.

Render bacon in pot, stirring often so it doesn't burn. When brown, add tomatoes, breaking them up with a fork or whisk. Cover with water and let come to a boil. Add vegetables with own water. Add clam juice and thyme. Boil until carrots are tender. Add clams and bring back to a boil for 3 minutes.

Never throw clam broth from steamed clams away. Strain and freeze to use in future Clam Chowder for more strength. You can also use in fish chowder for added flavor.

Muriel Tuma

FRENCH ONION SOUP

6 Tbsp. butter
2 Tbsp. cooking oil
3 lb. thinly sliced yellow onions

1 tsp. salt
1 tsp. sugar
6 Tbsp. flour
5 cans beef broth
5 cans water
2 c. red wine
2 bay leaves
1 tsp. sage
French bread or rolls
Mozzarella cheese
Parmesan cheese
salt and pepper to taste (add after soup has cooked approximately 1/2 hour)

Melt butter with oil in large soup pan; add the sliced onions and stir up to coat with the butter. Cover the pan and cook over moderately low heat for 15 to 20 minutes, stirring occasionally, until onions are tender and translucent. Then uncover the pan; raise heat to moderately high; stir in salt and sugar. (Sugar, by caramelizing, helps onions to brown.) Cook 40 minutes, stirring frequently, until onions have turned an even deep golden brown. Lower heat to moderate; stir in flour and add a bit more butter if flour does not absorb into a paste with the onions. Cook slowly, stirring continually, for about 5 minutes to brown the flour lightly. Remove from heat.

In separate pan, heat beef broth or bouillon soup and water until hot. Pour in about a cup of hot bouillon soup over onions, stirring with a wire whip to blend flour and bouillon. Add the rest of the bouillon and the wine, bay leaf and sage; bring to a simmer. Simmer slowly for 40 minutes to an hour; add salt (if necessary) and pepper.

When ready to serve, slice French bread or rolls and toast. Place soup in crocks and place toasted bread on top. Cover with thinly sliced Mozzarella cheese and sprinkle with Parmesan cheese. Bake in a 375° oven for approximately 15 minutes.

Soup may be frozen for future use. Heat before you put in crocks.

Audrey Dilbatis

CORN CHOWDER

2 c. canned corn
4 c. potatoes, cut into 1/4-inch slices
1 (1 1/2-inch) cube salt pork
1 sliced onion (medium)
4 c. scalded milk
3 Tbsp. butter
salt and pepper

Cut pork into small pieces and add onion and cook 5 minutes, stirring often, so that onion may not burn; strain fat into saucepan.

Parboil potatoes 5 minutes in boiling water; drain and add potatoes to fat, then add 2 cups boiling water; cook until potaotes are done. Add corn and milk, then heat to boiling (do not boil) point. Season with salt and pepper; add butter. Serve with crackers.

Mannetta Annis

CREAMED SPINACH SOUP

2 lb. fresh spinach or 1 lb. frozen chopped spinach
1/3 c. butter
1 1/4 c. heavy cream
1 1/2-2 c. chicken stock
juice of 1/2 lemon
salt and pepper to taste
finely chopped hard-boiled egg to garnish

Melt butter in a heavy saucepan; add spinach and simmer gently, stirring occasionally, for 8 to 10 minutes or until spinach is soft.

Puree spinach in electric blender. Pour back into rinsed-out pan. Stir in cream and dilute to taste with chicken stock, using 1 1/2 cup if you want a very thick soup or 2 cups for lighter. Heat through over a moderate heat, stirring. Season to taste with salt, pepper and lemon juice. Garnish with egg. Serves 6.

Audrey Dilbatis

CAPE COD CHOWDER

1 c. chopped onion
1/2 stick butter
3 large potatoes, sliced thin
2 tsp. salt
1 Tbsp. basil
1/4 Tbsp. pepper
2 c. water
2 cod fillets, cubed
1 (12 oz.) can evaporated milk
parsley

Saute' onion in butter until soft. Add potatoes, salt, pepper, basil and water. Cover. Simmer 15 minutes. Place fish on top of potatoes and simmer, just to cook fish. Stir in milk gently and heat to just boiling.

Ladle in heated soup bowls; sprinkle with parsley. Serves 6.

Sibyl Tuma

LEEK AND SCALLOP SOUP

2 pkg. Knorr leek soup
2 qt. milk
1/2 pt. heavy cream or half and half
1/2-1 qt. scallops

Cook soup according to package directions, using 2 quarts milk and 1/2 pint cream or half and half. Stir in scallops and simmer until tender.

Gail Webb

CUCUMBER SOUP

2 Tbsp. butter
1/4 c. chopped onion
2 c. diced, peeled and seeded cucumber
1/2 c. finely diced raw potato
1 c. watercress, chopped
2 c. chicken broth
2 sprigs parsley
1/2 tsp. salt (optional)
1/4 tsp. ground pepper
1/4 tsp. dry mustard
1 c. half and half

Saute onion in butter until tender. Add all ingredients except half and half. Simmer 15 minutes or until potatoes are tender. Puree in Cuisinart. Chill. Stir in half and half. Serve.

Gail Webb

TUNA CHOWDER

4 strips bacon, cut up
4 onions, chopped
4 potatoes, diced
1 c. water
1 lb. fresh tuna, cut in 1/2-inch cubes
3 c. milk
1/8 lb. butter
pepper
parsley

Saute onions in bacon (drain fat). Then add potatoes and water and simmer until tender. Add tuna and cook until fish turns white (about 5 minutes). Add milk, butter and seasonings. Heat and serve piping hot. Cooking time is about 1/2 hour. Serves 6.

Sibyl Tuma

ARTICHOKE RICE SALAD

1 box chicken-flavored rice or long grain wild rice
4 scallions, sliced
12 Spanish green olives, sliced
2 jars marinated artichoke hearts, drained (reserve juice)
1/2 green pepper, diced
1/2 c. mayonnaise
3/4 tsp. mild curry powder

Cook rice as directed, without butter. Chill. Cut artichoke hearts. Combine artichoke juice, mayonnaise and curry powder.

Toss scallions, olives, pepper and artichoke hearts with chilled rice. Add dressing about 1/2 hour before serving.

Gail Webb

SPINACH SALAD

2-3 c. fresh spinach, washed
5-6 fresh mushrooms, sliced
1 oz. bacon
2 oz. butter
1/2 tsp. Dijon mustard
1/2 oz. white wine
1 1/2 oz. red vinegar
salt and pepper to taste

Toss spinach and mushrooms in bowl. Slice bacon into 1-inch pieces; cook in medium-sized pan until slightly crisp, stirring. Add butter to pan; when melted, blend in mustard. Stir in white wine and vinegar. Simmer mixture 2 minutes.

Pour dressing over salad. Immediately turn hot skillet upside down over salad bowl for 2 minutes. Reheat skillet; re-cover salad a second time until salad is hot and spinach wilts. Serve at once.

Ada Giganti

SPECIAL SPINACH SALAD

1/2 c. salad oil
1 bag fresh spinach
1 c. water chestnuts
1 can bean sprouts, drained
2 hard-cooked eggs
purple onion slices
1/2 lb. bacon, fried crisp
1/3 c. sugar
1/4 c. vinegar
1 tsp. salt
1/4 c. ketchup
1 tsp. Worcestershire sauce
1/2 pkg. croutons

Mix oil, sugar, vinegar, salt, ketchup and Worcestershire sauce. Shake well. Wash, drain and pat dry the spinach. Slice water chestnuts very thin.

In a large bowl, combine spinach, water chestnuts, eggs, onion, bean sprouts, crumbled bacon and croutons. Chill well. Serves 6.

By adding lettuce or endive to basic salad, this recipe will serve 8.

Deborah Skippon

SUNSHINE SALAD

1 pkg. orange jello
1 c. hot water
1 c. combined pineapple juice and water
grated carrot
1 small can crushed pineapple, drained
1 tsp. lemon juice
salt and pepper
chopped nuts (optional)

Millie Truesdale

AMBROSIA

1 c. cooked rice
1 c. shredded coconut
1 c. miniature marshmallows
1 can mandarin oranges (small or large, as desired)
1 can pineapple (crushed or tidbits)

Stir together the rice, coconut and marshmallows. Mix well. Fold in mandarin oranges and pineapple. Chill until serving time.

Ruth Mathisen

CHILI SAUCE

25 large tomatoes, crushed
4 c. sugar
8 large green peppers, chopped
1 tsp. salt
8 large onions, ground
1 pt. vinegar
1 pkg. mixed spices

Boil 2 hours, slowly.

M. Truesdale

3-MINUTE BAR-B-QUE SAUCE

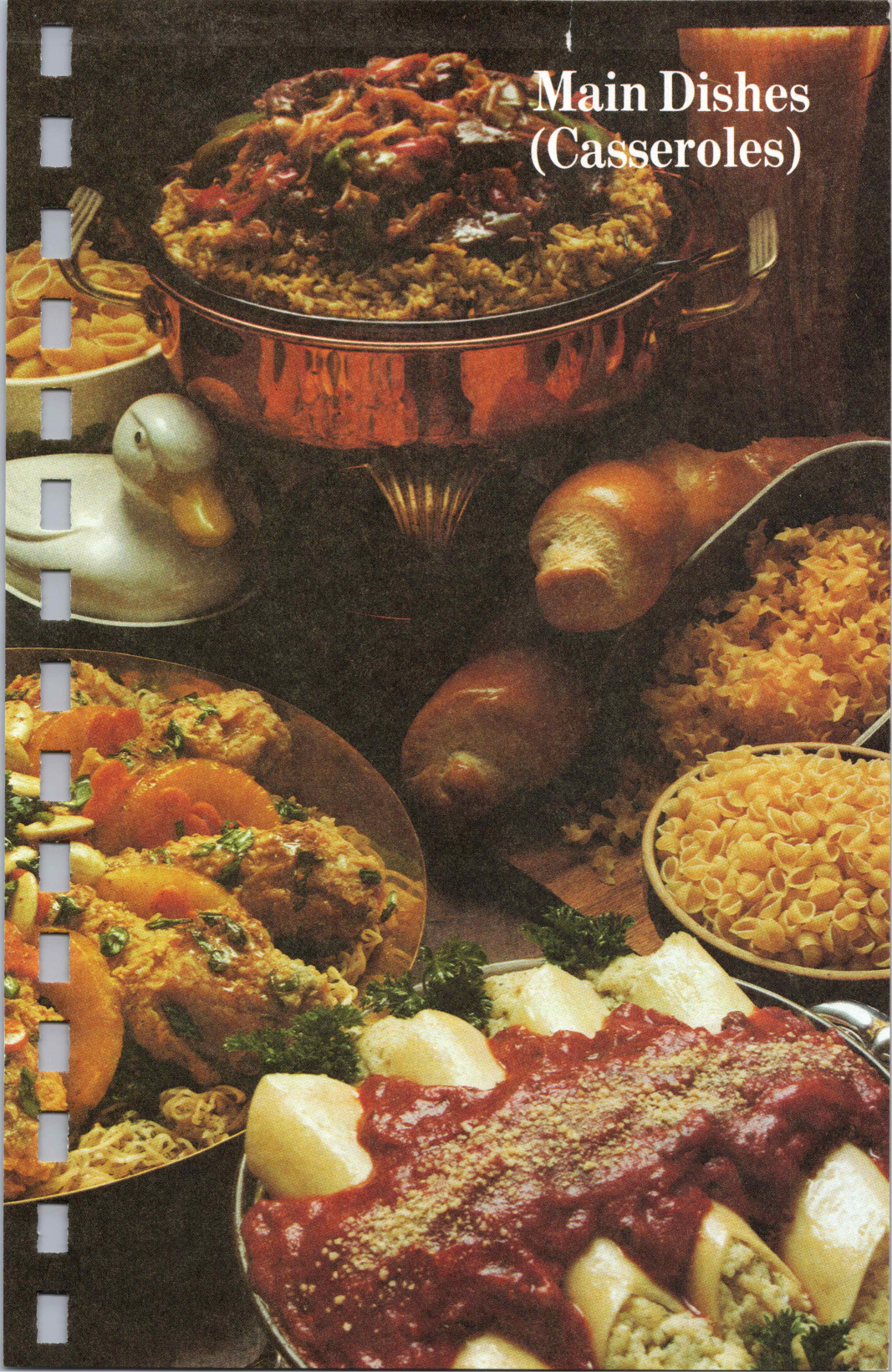
3/4 c. light or dark corn syrup
1/2 c. ketchup
1/4 c. Worcestershire sauce or soy sauce
1/4 c. prepared mustard
2 tsp. ground nutmeg

In a bowl, stir together the ingredients. Brush onto meats. Makes about 1 to 1 1/2 cups.

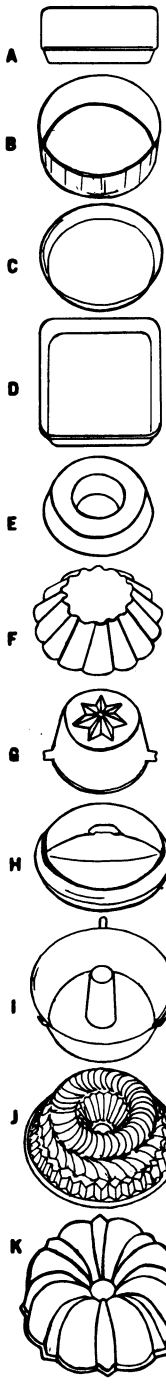
Dorothy Bloecker

** EXTRA RECIPES **

** EXTRA RECIPES **


Main Dishes
(Casseroles)

Common Kitchen Pans to Use as Casseroles



WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate
8 x 1¼-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2¼-inch loaf pan -A

6-cup baking dish:
8 or 9 x 1½-inch layer-cake pan -C
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -A

8-cup baking dish:
8 x 8 x 2-inch square pan -D
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan -A

10-cup baking dish:
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan

12-cup baking dish or over:

13½ x 8½ x 2-inch glass baking pan	12 cups
13 x 9 x 2-inch metal baking pan	15 cups
14 x 10½ x 2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½ x 3-inch "Bundt" tube -K	6 cups
9 x 3½-inch fancy tube or "Bundt pan -J or K	9 cups
9 x 3½-inch angel-cake pan -I	12 cups
10 x 3¾-inch "Bundt" or "Crownburst" pan -K	12 cups
9 x 3½-inch fancy tube -J	12 cups
10 x 4-inch fancy tube mold (kugelhupf) -J	16 cups
10 x 4-inch angel-cake pan -I	18 cups

Melon Mold:

7 x 5½ x 4-inch mold - H	6 cups

Spring-Form Pans:

8 x 3-inch pan -B	12 cups
9 x 3-inch pan -B	16 cups

Ring Molds:

8½ x 2¼-inch mold -E	4½ cups
9¼ x 2¾-inch mold -E	8 cups

Charlotte Mold:

6 x 4¼-inch mold -G	7½ cups

Brioche Pan:

9½ x 3¼-inch pan -F	8 cups

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MAIN DISHES

CRABMEAT CASSEROLE

6 1/2 oz. crabmeat
8 slices English cheese
2 eggs
8 slices white bread, cut off crusts
1 c. milk
salt and pepper to taste

Lay bread (4 slices) in baking pan. Put 4 slices of cheese on bread. Sprinkle crabmeat on each slice of cheese. Place remaining 4 slices of bread on crabmeat followed by 4 slices of cheese.

Beat milk, eggs and seasoning. Pour this over all. Leave in refrigerator overnight. Bake 1 hour at 350°.

Harland Ferraro

IMPERIAL CRAB NEWBERG CASSEROLE

1 lb. lump crabmeat
2 tsp. flour
2 egg yolks
1/2 tsp. pepper
paprika
1/4 c. butter
1 c. cream
1/2 tsp. salt
2 tsp. sherry

Carefully separate lumps of crabmeat. Place in a shallow dish.

To make sauce, melt butter and add flour, making a smooth paste. Add cream and bring to a boil. Simmer about 2 mintues. Add well-beaten egg, salt, pepper and sherry. Cook over low heat for 3 minutes or longer.

Pour over crabmeat; sprinkle with paprika and bake in a 350° oven for 10 minutes. Serve while hot.

Jane McGowin

SEAFOOD CASSEROLE

1 c. crabmeat
1 c. shrimp
1/4 c. onion
1 c. celery
1/2 c. mayonnaise
1/2 tsp. salt
1 tsp. Worcestershire sauce
1/4 tsp. black pepper

Toss together all ingredients. Place in casserole dish.

Topping:

1 Tbsp. melted butter
1/2 c. bread crumbs
1 c. grated cheese

Mix and sprinkle over seafood mixture. Bake, uncovered, for 30 minutes in a 350° oven. Yields 6 servings.

Quick and easy!

SHRIMP CASSEROLE

1 lb. medium shrimp
2 bunches scallions
Progresso flavored bread crumbs
1 stick butter or margarine
1 c. white wine

Devein and clean shrimp. Drain on paper towel and then place in casserole dish. Cut scallions up into small pieces with scissors. Saute' in melted butter for 1 minute. Pour over shrimp; add wine and cover with Progresso flavored bread crumbs, about 1/4 inch.

Bake in a 350° oven for 20 to 25 minutes. Serve over rice.

Judi Blake

SEAFOOD NOODLE CASSEROLE

2 lb. cod fillet
1 can French fried onions
4 c. medium noodles, cooked and drained
1/4 c. chopped pimentos
2 cans Cheddar cheese soup
1 c. milk
1 tsp. salt
1 tsp. paprika
1 tsp. Worcestershire sauce

Cook fish until large flakes can be broken off. Reserve 1/2 cup French fried onions. Combine fish, noodles, pimentos and onions in large bowl.

Heat soup, milk and seasonings in saucepan until smooth. Pour over fish mixture and stir carefully.

Pour into 2-quart casserole. Bake at 350° for 30 minutes, until hot and bubbles form around edge. Sprinkle reserved French fried onions around edge. Turn oven off; let rest 5 minutes in hot oven.

Karen Rade

CHICKEN CASSEROLE

1 cut-up fryer
salt and pepper
1 c. rice
1 can cream of mushroom or celery soup
1 can water
1 pkg. Lipton onion soup

In bottom of casserole, spread rice. Lay chicken pieces on top. Mix can of soup with water and pour over top. Sprinkle with onion soup. Bake at 350° for 1 hour and 20 minutes, until tender.

Libby Lane

CHICKEN SPINACH CASSEROLE

2 pkg. Stouffers frozen spinach souffle, defrosted
4 chicken breasts
white wine or chicken broth
1/2 c. mayonnaise
1/2 c. sour cream
2 Tbsp. dry sherry or white wine
grated Parmesan cheese

Poach chicken breasts in white wine or chicken broth. Layer with spinach in a greased casserole.

Combine mayonnaise, sour cream and sherry or wine. Pour over layered chicken and spinach. Top with Parmesan cheese.

Bake at 350° for 35 minutes or until heated through.

Gail Webb

TURKEY AND HAM CASSEROLE

1/2 c. chopped onion
3 Tbsp. butter
4 1/2 Tbsp. flour
1/2 tsp. salt
1/2 tsp. pepper
1 (3 oz.) can sliced mushrooms
2 c. light cream
3 Tbsp. sherry or white wine
2 1/2 c. cooked turkey, cooked
1/2 c. cooked ham, cubed
1 (5 oz.) can water chestnuts, drained and sliced
1/2 c. shredded Swiss cheese
1 1/2 c. soft bread crumbs
3 Tbsp. melted butter

Cook onion in the 3 tablespoons butter until onion is tender but not brown. Blend in flour, salt

and pepper. Add undrained mushrooms, cream and wine. Cook and stir until thickened. Add turkey, ham and water chestnuts.

Pour into 1 1/2-quart casserole; top with shredded cheese. Mix crumbs with melted butter and sprinkle on top. Bake in hot oven (400°) for 25 minutes, until lightly browned.

Charlotte Sears

BEEF AND EGGPLANT CASSEROLE

2 lb. ground beef
1 medium onion, chopped
1 green pepper, chopped
2 (8 oz.) cans tomato sauce
1 tsp. oregano
1 tsp. basil
3 large cloves garlic
1/8 tsp. white pepper
2 medium eggplants, cut into 2-inch cubes
1/2 lb. Mozzarella cheese, sliced

Brown meat in heavy skillet. Add onion, garlic and pepper and cook about 2 minutes, stirring. Add tomato sauce, oregano, basil and pepper; blend well. Cook 5 to 10 minutes.

Place eggplant in buttered 13 3/4 x 9 1/2 x 2-inch baking dish. Pour meat mixture over eggplant. Bake in oven at 350° for about 25 minutes, until hot and bubbly. Arrange cheese slices on meat. Continue to bake, 5 to 10 minutes.

Patricia Felden

EASY HAMBURGER QUICHE

1 unbaked 9-inch pastry shell
1/2 lb. ground beef
1/2 c. mayonnaise
1/2 c. milk
2 eggs
1 1/2 c. (1/2 lb.) grated mild Cheddar cheese
1 Tbsp. cornstarch
1/3 c. sliced green onions or scallions, sauteed
dash of pepper

Brown meat in skillet over medium heat. Drain and set aside. Blend in smoothly the mayonnaise, milk, eggs and cornstarch. Stir in meat, cheese, onion and pepper.

Turn into pastry shell. Bake at 350° for 35 to 40 minutes. Serves 6 to 8.

Carol MacDonald

ANN'S BUSY DAY DINNER

1 (16 oz.) pkg. elbow macaroni
1 (32 oz.) jar spaghetti sauce
8 or 16 slices American cheese
1 1/2 lb. chopped meat
grated cheese

Cook elbows until tender; drain.

Meanwhile, brown chopped meat. In a casserole dish, make alternating layers, starting with elbows; add chopped meat, sauce and cheese until all ingredients are used. Sprinkle top with grated cheese. Bake in oven at 350° for 1/2 hour. Serve with green salad.

Ann Hops

BREAKFAST SOUFFLE

1 lb. bulk pork sausage
9 eggs, slightly beaten
3 c. milk
1 1/2 tsp. dry mustard
1 tsp. salt
3 slices white bread, cut into 1/4-inch cubes
1 1/2 c. grated Cheddar cheese

Brown crumbled sausage and drain. Mix eggs, milk, mustard and salt. Stir in bread, sausage and cheese.

Pour into greased 9 x 13-inch pan. Cover and refrigerate overnight. Bake uncovered at 350° for 1 hour. Check after 50 minutes. Makes 12 servings.

Harland Ferraro

FRIED RICE

2 c. boiled rice
1 Tbsp. peanut oil
1 c. cooked pork
2 Tbsp. soy sauce
2 eggs, beaten
2 Tbsp. chopped finely scallions
1 c. lettuce slices

Heat oil in wok. Stir-fry meat; add rice and continue to fry until rice is heated and oil is evenly distributed. Add soy sauce and mix well. Add beaten

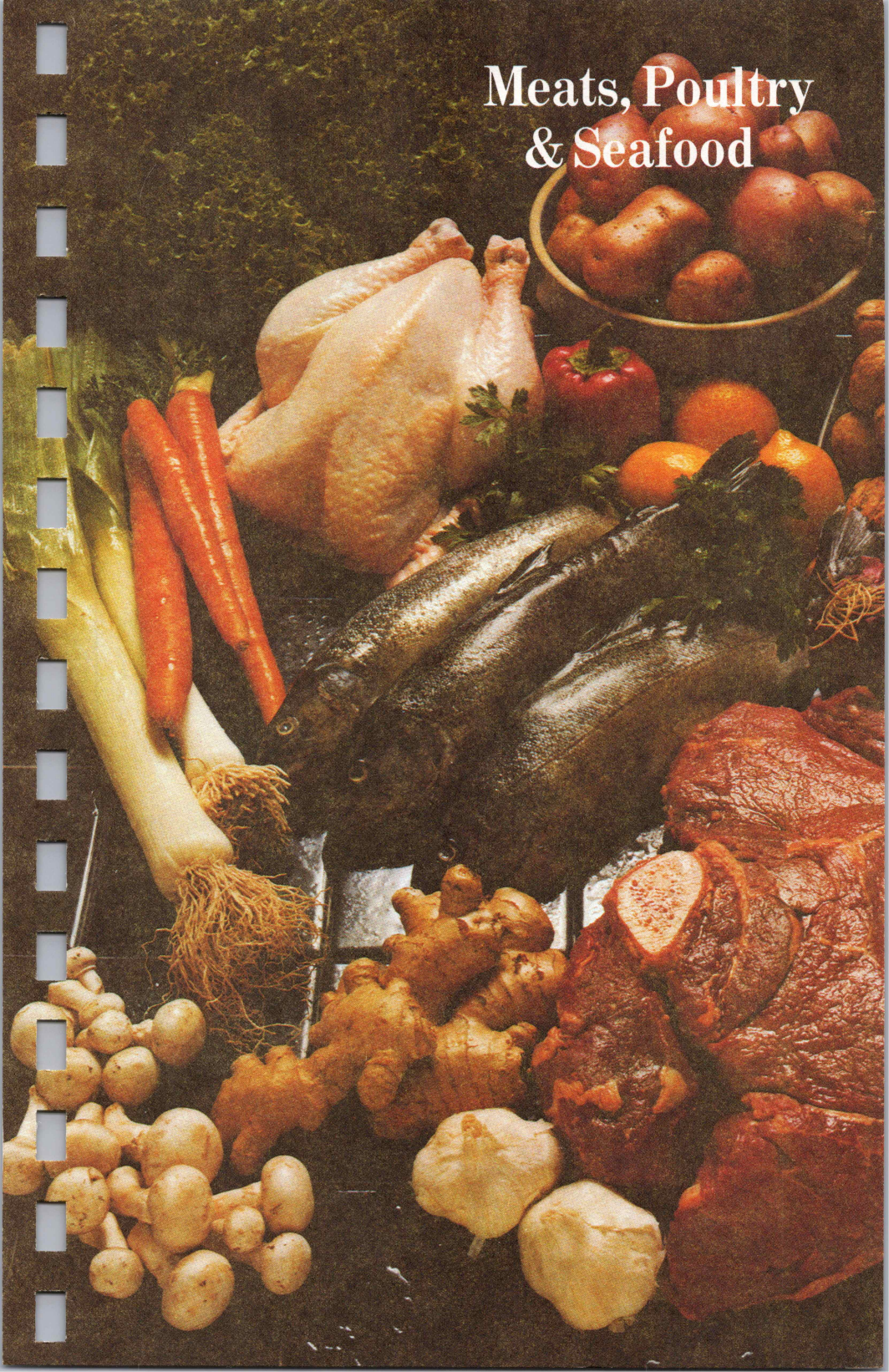
egg. Stir until blended. Add lettuce and fry another minute. Serve garnished with chopped onion.

When using pork, add 1 tablespoon white wine or sherry and 1/2 teaspoon sugar.

Instead of lettuce, 1 cup bean sprouts, chopped celery, green peas, sliced water chestnuts or snow peas can be used.

Lorraine Wells

** EXTRA RECIPES **


Meats, Poultry
& Seafood

Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
POULTRY				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

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ANY SEAFOOD SALAD

2 c. any cooked seafood (lobster, shrimp, scallops or fish)
1/2 c. chopped celery
2 Tbsp. chopped onion
1/4 c. yogurt
1 tsp. dill weed
1/4 tsp. nutmeg
salt and pepper to taste
Tabasco sauce to taste
lemon juice to taste

Dressing:

1/2 c. mayonnaise
1 Tbsp. catsup

Mix seafood, celery and onion, being careful not to mash if using fish.

Mix dressing and ingredients and add mixture to seafood. Garnish with choice of capers, black or green olives or pimentos. Serve on shredded lettuce. Serve 5.

E. A. Duryea

SHRIMP SCAMPI

1/2 c. butter
1 clove garlic, crushed
2 tsp. Worcestershire sauce
juice of 1/2 lemon
1/2 c. sherry wine
1 Tbsp. sugar
2 Tbsp. fresh dill, chopped
1 lb. raw shrimp, shelled and deveined
1/4 c. minced parsley
Parmesan cheese

In shallow pan, melt butter; add next 6 ingredients and mix well.

Arrange shrimp in single layer in sauce. Spoon sauce over shrimp. Broil at low heat 8 minutes. Remove from broiler. Let stand 15 minutes. Sprinkle on parsley. Broil under high heat for 3 minutes. Spoon sauce over rice. Sprinkle on Parmesan cheese. Arrange shrimp over rice. Yields 2 portions.

Ada Giganti

SHRIMP IN TOMATO, WINE AND FETA CHEESE SAUCE

1 1/2 c. chopped, canned tomatoes
1 1/2 lb. raw, deveined, shelled shrimp (except for foil segment)
6 Tbsp. olive oil
1/4 c. finely chopped onion
1/2 c. dry white wine
2 Tbsp. finely chopped parsley
1/2 tsp. crumbled oregano
1 tsp. salt
freshly ground black pepper
2 oz. Feta cheese, cut into 1/4-inch cubes

In heavy 10-inch skillet, heat oil over moderate heat until a light haze forms over it. Add onion; stir. Cook until they are soft and transparent (but not brown). Stir in tomatoes, wine, 1 tablespoon of parsley, oregano, salt and a little pepper. Bring to a boil; cook briskly, uncovered, until the mixture thickens to a light puree. Add shrimp and cook over moderate heat for 5 minutes.

When shrimp are cooked, stir in Feta cheese. Taste for seasoning and sprinkle top with remaining parsley. Serve directly from the skillet.

Thea DiSunno

SHRIMP ROMA

3 Tbsp. olive oil
1 clove garlic, minced
1 lb. shrimp, cleaned
2 (8 oz.) cans tomato sauce
1/2 tsp. salt
1/2 tsp. dried basil or oregano
1 Tbsp. chopped parsley
1/2 lb. shell macaroni, cooked and drained

Heat olive oil in skillet. Add garlic and onion; saute until tender but not browned. Add shrimp; saute 5 minutes. Remove shrimp and keep warm. Add tomato sauce, salt, basil and parsley to skillet. Simmer for 5 minutes. Return shrimp to sauce and heat through. Serve over hot cooked macaroni; garnish with parsley. Sprinkle grated Romano or Parmesan cheese over top. Makes 4 servings.

Ada Giganti

MUSSELS

4 doz. steamed mussels
salt and pepper
1 tsp. grated onion
1/2 lb. sliced bacon
1/2 c. Parmesan cheese, grated

Spread mussels in buttered, shallow dish and sprinkle with salt, pepper and onion. Fry bacon crisp; place on top of mussels, about 1/4 inch apart. Sprinkle cheese between strips.

Bake in a moderate oven about 15 minutes or until cheese melts. Garnish with parsley. Serves 6.

Ada Giganti

OYSTERS

1 lb. mushrooms
3 onions, fried in butter
salt and pepper
1 pt. oysters
1 recipe white sauce
toast

Add mushrooms to onions which have been sliced fine and fried until lightly browned. Cook for about 15 minutes. Season with salt and pepper.

Combine raw oysters, drained, and white sauce. Cook gently a few minutes and serve over toast.

Ada Giganti

SAUTEED SHAD ROE

4 large pairs roe
flour
1 1/2 tsp. salt
1/4 tsp. pepper
1/2 stick butter
1 Tbsp. lemon juice

Dust each piece of roe with flour and season with salt and pepper. Melt the butter and add the lemon juice. Saute the roe gently in butter until golden brown. Turn carefully and saute until the other side is done. Remove from the pan and place on a hot platter. Serve as a garnish for other fish or with tartar sauce.

This recipe can be used for any roe.

Jean Ruggles

GRILLED WHOLE SALMON

salmon
salt and pepper
vegetable oil
fresh or dried dill
lemon slices

Remove head of salmon; scale and split fish the flat way. Squeeze lemon over it; salt and pepper to taste. Smear with cooking oil. Place fresh or dried dill or fennel and lemon slices inside (between halves). Wrap with more fresh dill or sprinkle with dried dill.

Grill over low coals. Turn and pierce with fork. Cook until done, about 30 to 45 minutes.

A fish-shaped grill is ideal for this.

Gail Webb

DEEP-DISH TUNA PIE

2 cans chunk-style tuna
2 c. rice, cooked
3 c. peas, cooked
2 cans cream of celery soup
1/2 c. milk
1/4 c. finely chopped onion
1 tsp. Worcestershire sauce
pastry for 1 crust

Combine tuna, rice, peas, soup, milk, onion and Worcestershire sauce; put into 2-quart casserole. Roll out pastry, shaping to fit top of casserole; set on top and flute edges. Bake at 425° for about 25 minutes. Makes 6 to 8 servings.

Millie Truesdale

BAKED FISH WITH MUSTARD SAUCE

1 1/2 lb. fillet of haddock (flounder)
3/4 tsp. salt
dash of pepper
2 Tbsp. melted butter
1 Tbsp. flour
1 c. boiling water
1 Tbsp. lemon juice
1 Tbsp. prepared mustard
1/2 c. dried bread crumbs

Cut fillets in 6 serivngs. Sprinkle with salt and pepper. Lay in shallow, well-greased pan.

Melt 1 tablespoon of butter in saucepan and blend with flour. Add water, lemon juice and mustard and stir until thickened (about 3 minutes). Pour over fish.

Add remaining butter to bread crumbs and sprinkle over fish. Bake in hot oven (440°) for about 20 minutes. Place on hot platter and garnish.

Charlotte Sears

CELERY FLOUNDER ROLL-UPS

1 (10 1/2 oz.) can condensed cream of celery soup (undiluted)
1 c. cooked rice
1/3 c. chopped pecans
1/8 tsp. tarragon, crushed
6 flounder fillets (about 1 1/2 lb.)
1/4 c. sour cream
2 tsp. chopped parsley
paprika
lemon wedges

Combine 1/4 cup of the soup with rice, nuts and tarragon. Place about 2 tablespoons of rice mixture on each fillet. Roll; fasten with toothpick.

In skillet, blend remaining soup with sour cream and parsley; add fillets. Cover. Cook over low heat for 20 minutes or until done. Stir now and then. Sprinkle with paprika. Garnish with lemon wedges. Yields 6 portions.

Mildred Browman

SOFT CLAM PIE

12 large soft clams and juice
2 medium potatoes, sliced thin
1 large onion, sliced thin
1/2 tsp. thyme
2 Tbsp. flour
pie crust
water

This makes a small pie. Use a small 6-inch casserole. Start with a layer of potatoes, then onion, thyme and flour. Repeat layers. Pour clam juice-water over all and a small quantity over thin pie crust. Bake in a moderate oven (350°) until potatoes are baked.

Edna P. Steck

MARYLAND CRAB CAKES

1 lb. crabmeat
1/2 tsp. pepper
salt to taste
1 tsp. celery seed
1 egg
1 Tbsp. mayonnaise

1 c. cracker crumbs
1 Tbsp. Worcestershire sauce
1 Tbsp. prepared mustard
1 tsp. dry mustard
1 Tbsp. parsley
1 Tbsp. seafood seasoning
milk to taste
1 Tbsp. Tabasco sauce

Mix all ingredients together. Mixture should be a little wet. Shape into balls and place on waxed paper in refrigerator for 2 hours.

These may be pan fried or deep fat fried until golden brown.

Jane McGowin

GREEK BAKED FISH

4 lb. whole fish (such as sea bass) or 3 lb. fish steaks (such as cod; thick fish is best)
salt
freshly ground pepper
lemon juice
1/2 c. olive oil
2 large onions, chopped
3 medium tomatoes, sliced, or 1 (1 lb.) can tomatoes
2 Tbsp. minced parsley
1/2 stoned black greek olives
1/2 c. white wine
1 Tbsp. bread crumbs
1 sliced lemon

Sprinkle fish with 1 teaspoon salt, pepper to taste and a little lemon juice. As in any recipe, the salt is optional.

Brush some of the olive oil over the bottom of a long baking dish. Place a layer of onion and tomato in the dish and sprinkle with salt. Place the fish over the vegetables, then cover with the remaining vegetables, parsley and olives. Pour remaining olive oil and the wine over all. Sprinkle the bread crumbs over top.

Bake uncovered in a 350° oven for 45 to 60 minutes, basting occasionally with sauce in the dish. Serve topped with lemon slices.

Thea DiSunno

BAKED STRIPED BASS OR CODFISH

1 (1 pt.) can tomatoes
1 large onion or 2 small ones, fried brown
1 coffee cup toasted bread crumbs
1/2 c. peanut oil
1 tsp. pepper

1 tsp. salt
4-5 lb. fish

Mix pepper with oil, then mix all together. Pour over fish and place in oven at 350°. Baste from time to time. Bake 1 hour.

Frances S. Tuthill

FISH CAKES

4 c. codfish
1/4 c. butter
1 c. celery
1 large onion
2 c. bread crumbs
4 eggs
2 tsp. salt
1 tsp. pepper
1/2 c. cream

Steam and flake fish. Fry celery and onion in 1/4 cup butter until soft. Mix all ingredients in large bowl. Form into cakes and brown on both sides in small amount of oil.

This recipe makes a lot of cakes so cut in half or plan on freezing some of them.

Carol L. Lucas

POACHED COD

1 bay leaf
1/2 c. cut-up carrots
1/2 c. cut-up celery
1 onion
1 c. white wine
lemon
3 Tbsp. butter
2 Tbsp. flour
1 c. milk
1 c. grated Cheddar cheese
bread crumbs
salt and pepper
1 pkg. fresh spinach

Filet and skin codfish. Rub all over with lemon. In skillet, put 2 cups of water, bay leaf, onion, carrots, celery, wine and codfish. Poach until fish is flaky and done. Cook spinach and drain well.

In saucepan, melt butter and slowly add flour and milk. Cook until thick. Remove cod and vegetables from skillet and place on bed of spinach. Pour cream sauce over top. Add bread crumbs and melted butter and sprinkle with Cheddar cheese. Broil quick.

Umm good!

Kathy Vegessi

SAUTEED COD

6 cod fillets
1 c. milk
1 c. white corn meal or flour
4 Tbsp. butter
salt and pepper to taste

Dip the fillets in the milk and then into the corn meal or flour; melt the butter and saute the fillets in it on both sides until light brown. Transfer the fillets to a hot platter and keep warm. Serve with a sauce, such as Shrimp Sauce:

2 Tbsp. butter
3 Tbsp. flour
1 1/2 c. milk
1/8 tsp. paprika
1 c. cooked, coarsely chopped shrimp

Melt butter in saucepan; add flour and cook and stir until smooth. Add milk and stir to a smooth sauce. Add paprika and shrimp. Pour over fillets.

Jean Ruggles

OVEN STEW

1 1/2 lb. lean beef, cut into 1 1/2-inch squares
1 onion, sliced
8 carrots, sliced 1/4 inch thick
2 sprigs parsley
1 1/2 tsp. salt
1/2 tsp. peppercorn
2 c. hot water
2 c. tomatoes (cooked or canned)
3 Tbsp. butter
3 Tbsp. flour
1 c. peas (cooked or canned)

Put meat in baking dish or bean pot and add onion, carrots, parsley, salt, peppercorns, hot water and tomatoes. Cover and bake 3 1/2 hours in slow oven (250°).

Half an hour before serving, thicken with butter, worked until creamy and mixed with flour; add peas.

Mannetta Annis

MONTAUK "QUICK" CHILI

1 (16 oz.) can Hormel chili with beans
3/4 lb. ground chuck
1 (8 oz.) can Contadina tomato sauce
1 Tbsp. dry minced onion
1 large Tbsp. onion flakes
1 Tbsp. celery flakes
1 cube Herb-Ox beef bouillon
dash of garlic powder
1 Tbsp. Hunt's all-natural barbecue sauce

Cook meat in skillet (if too much fat, drain; otherwise, add all to the rest of the ingredients). Bring to a boil; cut back heat. Simmer 30 minutes, stirring on occasion and serve. Makes 2 large servings.

Estimated cost per serving is $1.00.

James Ruggles

ZUCCHINI, STUFFED WITH GROUND MEAT

4 medium zucchini
1 large onion, chopped
1 clove garlic, diced
4 tomatoes, peeled and chopped
1 Tbsp. oil
salt and pepper
4 oz. bread crumbs
4 oz. Parmesan or Cheddar cheese, grated
1/2 c. green pepper, chopped
4-6 oz. cooked meat, ground or chopped, or 3 slices bacon, fried crisp and crumbled

Simmer zucchini in boiling, salted water for about 12 minutes. Cut lengthwise; scoop out pulp and chop.

Combine pulp, onion, garlic, tomatoes, green pepper, oil, meat and seasonings. Pile mixture into zucchini halves and place on baking sheet. Top with bread crumbs and cheese. Bake at 375° for about 15 minutes. Serves 8.

Note: Propotions may be altered to fit size of zucchini or amount of ingredients you have on hand.

Gail Webb

VEAL SCALLOPINE
(Delicious)

veal
flour
butter
dry vermouth

beef stock
rosemary
chopped scallion
parsley
lemon

Season little pieces of veal; dust with flour. Saute quickly in butter. Spash a couple of ounces each of dry vermouth and beef stock and reduce until thickened a little. Sprinkle with fresh rosemary, chopped scallion and parsley. Add wafer-thin slices of lemon. Cook gently for 2 to 3 minutes more.

Ada Giganti

SPARERIBS

2 slabs spareribs

Sauce:

2 c. brown sugar
1 c. pineapple juice
4 tsp. Worcestershire sauce
1 1/2 tsp. liquid smoke
2 tsp. garlic salt
1 bottle chili sauce

Bake ribs 1 hour at 350° in shallow pan.

Meanwhile, combine all ingredients for sauce. Remove ribs and cut into individual pieces.

Line pan with foil. Dip ribs into sauce; pour remaining sauce over ribs. Bake 1 hour at 375°.

Audrey Dilbatis

PORK CHOP BAKE

6 pork chops
1 can cream of celery soup
1/2 c. milk
1/2 c. sour cream
1 c. shredded Cheddar cheese
1 can Durkee French fried onions
1/4 tsp. pepper

Brown pork chops in lightly greased skillet; set aside.

Combine in another pot and heat the soup, milk, sour cream, pepper, 1/2 cup of Cheddar cheese and 1/2 can of French fried onions.

Spoon 1/2 of mixture into baking dish. Arrange pork chops and spread remaining mixture on top. Bake covered at 350° for 40 minutes. Top with

remaining cheese and onions; bake, uncovered, until cheese melts.

Kathy Vegessi

BAKED PORK CHOPS

olive oil
1 medium onion, chopped
1 c. celery, chopped
1 carrot, chopped
1/2 c. white wine
pork chops
1 can chicken broth
1 (1 lb.) can sauerkraut
thyme
bay leaf
salt and pepper

Brown pork chops and lay in shallow baking dish. Saute onion, celery and carrot in olive oil; add white wine and cook 5 minutes. Pour over chops with chicken broth and sauerkraut. Season to taste. Cover and bake 1 1/2 hours at 350°.

Ada Giganti

TURKEY LEGS OVEN STEW

4 turkey legs (about 4 lb.)
8 carrots, cut in chunks
8 large potatoes, peeled and quartered
2 stalks celery, cut up
1 onion, chopped
1 garlic clove, minced
1 bay leaf
4 peppercorns
1 Tbsp. chopped parsley
3 c. stewed tomatoes
1 c. chicken bouillon

Brown turkey legs under broiler, turning once. Place in roasting pan or double roaster. Add bay leaf, peppercorns and the bouillon. Cover with foil, if not using double roaster, and bake for 1 hour, then add vegetables, seasoning and stewed tomatoes. Roast 1 more hour or until tender. Thicken if desired.

Meat may be removed from bones before serving. Serves 4.

Muriel Tuma

CHINESE CHICKEN WINGS

3-4 lb. chicken wings
1 c. honey
1/3 c. soy sauce
3 Tbsp. ketchup
1 clove garlic (or more, depending on taste), minced very fine

Cut tips off wings and cut in halves at joints. Place in a large roasting pan. Try not to overlap too much.

Combine remaining ingredients and pour over wings in pan. Bake at 350° for 1 hour and 15 minutes, basting occasionally.

This is great for a party; or serve as a meat with rice and a green salad.

Thelma Milne

KIELBASI AND APPLESAUCE

1 or 2 rings kielbasi
1 jar applesauce
2 onions, sliced
brown sugar

Place kielbasi in large pan and pour boiling water over it and let stand about 1/2 hour.

Using casserole oven dish, place some applesauce in bottom. Cut kielbasi into 2-inch pieces; place on applesauce, then place some onions on top, then more applesauce and sprinkle with brown sugar. Keep layering this way with topping of applesauce and brown sugar. Bake in a 350° oven for about 1 hour. Then serve.

Great for a party!

Thelma Milne

BUTTERFLY LEG OF LAMB

1 (5-6 lb.) leg of lamb (have butcher butterfly)
3/4 c. soy sauce
1/4 c. olive oil
1/4 c. sherry or orange juice
2 crushed cloves of garlic
1/4 tsp. freshly grated ginger (or powdered ginger)
freshly ground pepper

Combine above ingredients in large glass dish or baking pan. Place butterfly leg in marinade. Leave 1 hour at room temperature, turning occasionally. Drain and save marinade.

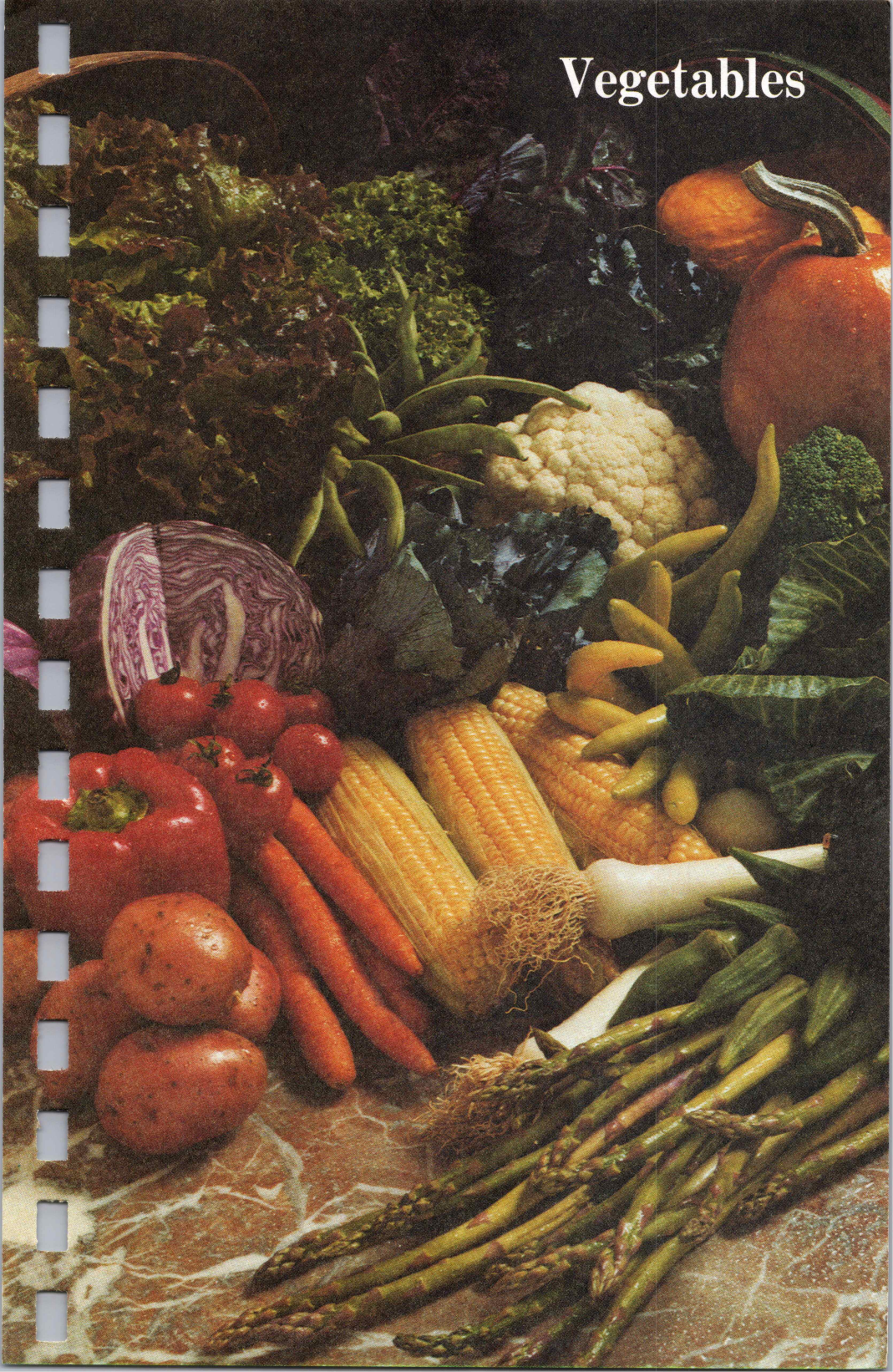
Insert 2 long skewers through meat at right angles, making an X; or, place in a broiler basket. This will make for easier turning and keeps meat from curling. Broil over medium coals for 30 minutes or

so, turning and basting with reserved marinade, for medium to medium-rare.

Muriel Tuma

** EXTRA RECIPES **

** EXTRA RECIPES **


Vegetables

How To Can Vegetables

POINTS ON PACKING

Raw pack. - Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. - Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty, or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. - Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

•Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

•Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

•Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

•Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

•Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

•When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings, and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lids according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button (R) is made by Owens-Illinois. Its read button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

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SQUASH QUICHE ITALIANO

2 c. zucchini or summer squash, thinly sliced
browned sausage meat (optional)
1 c. onion, thinly sliced
1 garlic clove, minced
2 Tbsp. olive oil
2 tsp. salt
2 c. cottage cheese
3 eggs
2 tomatoes, peeled and chopped
1 c. tomato sauce
3/4 c. milk
1/2 c. Mozzarella cheese, grated
1/4 tsp. oregano
1/4 tsp. tarragon
1 deep-dish 10-inch pie crust or 2 (9-inch) crusts

Saute squash, onion and garlic in oil. Season with salt. Remove. Simmer tomatoes, sauce and seasonings until tomatoes are soft. Combine cottage cheese, eggs and milk. Mix well.

Place squash mixture in pie shell. Add egg mixture and 4 tablespoons tomato sauce. Bake at 350° for 35 minutes. Sprinkle on Mozzarella cheese and return to oven until melted. Serve with remaining sauce. Serves 6 plus.

Gail Webb

CARROT SOUFFLE

3/4 c. margarine
3/4 c. brown sugar
1 tsp. salt
1 Tbsp. vanilla
1 Tbsp. lemon juice
2 egg yolks, beaten
1 1/4 c. Wondra flour
2 c. cooked carrots
1/2 tsp. baking powder
1/2 tsp. baking soda
4 egg whites, stiffly beaten

Thoroughly mix margarine, brown sugar, salt, vanilla, lemon juice, flour, carrots and egg yolks. Add baking powder and baking soda. Fold in egg whites. Bake at 375° in 2-quart mold for 1 hour.

Or, bake 45 minutes and freeze. Defrost; unmold and reheat 40 minutes at 300°.

Gail Webb

CELERY, BRAISED WITH TOMATOES

1 large bunch celery
1 Tbsp. salad oil
1 small onion, minced
4 slices bacon, Prosciutto or ham, minced
2 c. peeled, chopped fresh tomatoes or drained canned tomatoes, chopped
1 Tbsp. drained capers or 1/4 c. chopped stoned olives (optional)
2 Tbsp. parsley, minced
dash of Tabasco sauce
dash of salt
freshly ground pepper

Trim celery; remove strings. Cut into 3-inch pieces. Cook in boiling water to cover, 2 or 3 minutes or until half tender. Drain.

In a saucepan, heat oil; add bacon or other meat, onion and parsley. Stir constantly 2 or 3 minutes. Add tomatoes; cook 3 minutes. Add celery, salt, pepper and Tabasco sauce. Add capers or olives (if used). Simmer covered over low heat until celery is tender. Check for moisture. Add 2 tablespoons water at a time to prevent scorching.

Edna Biase

STRING BEAN-MUSHROOM CASSEROLE

2 cans string beans (regular or French-cut)
1 can cream of mushroom soup
1 can French fried onions
1 c. Parmesan cheese, grated
seasoning to taste

Drain beans well. Place layer in bottom of well-greased casserole. Cover with 1/2 of undiluted mushroom soup. Add to this a layer of onions and grated cheese. Repeat in layers until casserole is filled, sprinkling cheese evenly on top. Bake in a 350° oven for about 1/2 hour or until cheese is bubbling.

Ruth Mathisen

SOUFFLE CRECY

1-1 1/2 c. cooked carrots, pureed (not too fine)
2 Tbsp. honey
5 Tbsp. butter
5 Tbsp. flour
1 1/2 c. thin cream
6 egg yolks, slightly beaten
8 egg whites, beaten stiff
pinch of salt

salt to taste
white pepper to taste
nutmeg to taste
cinnamon to taste

Heat butter; add flour. Beat in egg yolks. Add cream, white pepper, salt, nutmeg, cinnamon and honey. Blend together. Add pureed carrots. Fold in 1/4 of beaten egg whites; blend. Fold mixture into remaining egg whites. (This can be left standing 1 hour before baking.)

Set oven at 375°-400°. Butter souffle dish; dust with sugar or bread crumbs. Bake until souffle rises, about 30 minutes. Souffle should be slightly creamy in middle.

Carol MacDonald Nye

BAKED MUSHROOMS

1/2 lb. mushrooms
2 Tbsp. white wine
2 (7 oz.) cans artichoke hearts, drained
6 slices bacon
2 (8 oz.) cans tomato sauce
2 Tbsp. pine nuts
2 Tbsp. chopped parsley
2 Tbsp. Parmesan or Mozzarella cheese, grated

Cook, drain and crumble bacon. Wash and dry mushrooms. Cut tough stem ends off. Remove stems; slice and set aside.

Sprinkle a buttered, shallow baking dish with white wine. Arrange mushroom caps and artichoke hearts alternately in dish. Sprinkle with crumbled bacon.

Combine sliced stems, tomato sauce and pine nuts. Mix well. Pour over vegetables in dish. Sprinkle with parsley and cheese. Bake in a 350° oven for 30 minutes. Serves 4.

Thea DiSunno

SCANDINAVIAN CUCUMBERS

1/2 c. dairy sour cream
1 c. sugar
2 c. snipped parsley
2 c. tarragon vinegar
1 c. onion, finely chopped
1/4 tsp. dried dill weed
3 small unpared cucumbers, thinly sliced

Stir together the sour cream, sugar, parsley, vinegar, onion and dill. Gently fold in cucumbers. Cover and chill 2 hours. Serves 6.

Gail Webb

BROCCOLI CASSEROLE

2 pkg. broccoli spears
1 small onion, chopped fine
1/2 stick butter
1 c. mild Cheddar cheese, grated
1 c. mayonnaise
2 eggs, beaten
1 can cream of mushroom or chicken soup
1 c. Pepperidge Farm dressing
2 c. water

Cook broccoli in water 15 minutes; drain. Place in casserole.

Saute onion in butter until tender. Mix together the Cheddar cheese, mayonnaise, onion, eggs and soup. Stir well. Pour mixture over broccoli. Sprinkle Pepperidge Farm dressing over top. Bake in a 350° oven for 40 minutes.

Libby Lane

ZUCCHINI PIE-CRUSTLESS QUICHE

3 c. zucchini, sliced thin and diced
1 small onion, chopped
1 c. biscuit mix
1/2 c. Parmesan cheese
4 large eggs
1/2 c. vegetable oil
1/2 tsp. margarine
1 tsp. parsley flakes
1/4 tsp. salt
1/2 tsp. pepper

Mix all together. Pour into buttered pie plate or oblong dish, 10 x 6 x 1 3/4 inches. Bake in a 350° oven for 30 minutes or until golden.

This may be served warm, cold or reheated.

Muriel Williamson

SAVORY LEMON VEGETABLES

6 slices cooked bacon, crumbled
1/4 c. bacon drippings
1 lb. carrots, pared and sliced
1 medium head cauliflower (core removed)
1 c. finely chopped onion
1/2 c. lemon juice
1/2 c. water

4 tsp. sugar
1 tsp. salt
1 tsp. thyme leaves
1 tsp. chopped parsley

In large saucepan, cook carrots and cauliflower in water until tender. Cook onion in bacon drippings in a medium skillet. Add remaining ingredients except bacon and parsley. Bring to a boil.

Drain vegetables. Arrange in a serving dish. Pour warm sauce over vegetables. Garnish with bacon and parsley.

Edna Biase

SPAGHETTI SQUASH PIE

1 c. spaghetti squash, cooked
1 (8 oz.) can tomato sauce
1 Tbsp. tomato paste
1/2 c. grated Romano cheese
1/2 lb. ground chuck
1 (9-inch) pie crust
2 eggs
pinch of oregano
salt and pepper

Mix cooked spaghetti squash with tomato sauce, paste, cheese and beef. Fill pie shell.

Beat eggs and pour over mixture. Add seasonings. Bake at 350° for 25 minutes. Serves 4.

Gail B. Webb

** EXTRA RECIPE **

** EXTRA RECIPES **

Breads, Rolls,
Pies & Pastry

Baking Tips

COMMON PROBLEMS [Common Failures]	CAUSES OF PROBLEMS [Causes of Failures]
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in to slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Overmixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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AUNT CAROL'S EASY NUT BREAD

3 1/2 c. all-purpose flour
1 c. sugar
4 tsp. double-acting baking powder
1 tsp. salt
2 c. milk
2 eggs
1 c. coarsely chopped black walnuts

Grease two 9 x 5-inch loaf pans.

In large bowl with fork, mix flour, sugar, baking powder and salt; add remaining ingredients. Stir until mixed. Pour batter into loaf pans. Let stand for 20 minutes.

Preheat oven to 350°. Bake loaves 50 minutes or until toothpick inserted into center comes out clean. Cool in pans or on wire racks for 10 minutes.

This recipe has no shortening. Makes 2 loaves.

Lorraine L. Wells

HAWAIIAN BANANA BREAD

2 c. sugar
1 c. shortening (1/2 c. Crisco and 1/2 c. margarine)
6 ripe bananas
4 beaten eggs
flour
salt
baking soda

Cream sugar and shortening; add ripe mashed bananas and eggs. Sift and add flour, salt and soda. Blend wet and dry ingredients. (Important: Do not overmix.) Bake at 350° for 45 to 50 minutes. Makes 2 loaves.

Edna P. Steck

CANADIAN LEMON LOAF

1/2 c. shortening
1/2 c. sugar
2 eggs
1 1/2 c. sifted flour
1 tsp. baking powder
1/2 c. milk
grated rind of 1 lemon
1/2 c. chopped walnuts

Cream shortening and sugar. Add eggs one at a time; beat well after each addition. Add flour and baking powder alternately with milk. Beat well

and add lemon rind and chopped walnuts. Bake in greased loaf pan at 350° until done, 45 minutes or until tester is clean.

juice of 1 lemon
1/2 c. sugar

Mix lemon juice and sugar; pour over loaf as soon as it comes out of oven. Leave in pan until cool.

Edna P. Steck

ZUCCHINI BREAD

3 c. flour
1 1/2 c. sugar
1 tsp. cinnamon
1 tsp. salt
1 tsp. baking powder
3/4 tsp. baking soda
2 c. shredded, unpeeled zucchini
1 c. raisins
1 c. chopped nuts
3 eggs
1 c. oil

In large bowl, stir together the flour, sugar, salt, cinnamon, baking powder, baking soda, nuts and raisins. Stir in zucchini until well coated.

In small bowl, beat together the eggs and oil. Add egg-oil mixture to flour mixture; stir until well moistened.

Turn into greased 9 x 5 x 3-inch loaf pan. Bake at 350° for 1 hour and 30 minutes, until pick inserted in center comes out clean. Cool in pan 10 minutes. Invert onto rack. Turn top up and cool.

Karen Rade

MONKEY BREAD
(For The Lazy Cook)

5-6 cans buttermilk biscuits (about 30)
1 c. white sugar
2 tsp. cinnamon
1 c. brown sugar
1 stick oleo
chopped nuts

Cut each biscuit in fourths with scissors. Mix white sugar and cinnamon in a plastic bag. Shake biscuits, a few at a time, in bag. Layer sugared biscuits in a tube pan and sprinkle nuts between each layer.

Melt oleo and brown sugar. Bring to a boil and boil for 1 minute. Pour over biscuits.

Bake at 350° for 45 to 50 minutes. Let stand 10 minutes before removing from pan.

To eat, pinch off a piece with thumb and index finger just as a monkey would.

Enjoy.

Ellen Johns

NO-KNEAD BREAD FROM COUNTY CORK

4 tsp. dry yeast
2/3 c. lukewarm water
5 c. whole wheat flour
2 tsp. honey
3 Tbsp. molasses
2/3 c. lukewarm water
1 Tbsp. salt
1/3 c. wheat germ
1 1/3 c. lukewarm water
1 tsp. butter
1 tsp. sesame seed

Sprinkle yeast over 2/3 cup lukewarm water and add honey. Leave to "work" while preparing dough.

Warm whole wheat flour in a 250° oven for about 20 minutes. Combine molasses with 2/3 cup lukewarm water. Combine yeast mixture with molasses mixture. Stir into the warmed flour, then add salt and wheat germ and finally the 1 1/3 cups lukewarm water. Makes a sticky dough.

Butter a large loaf pan (9 x 3 inches). Turn dough into pan. Sprinkle sesame seed on top. Leave to rise 1/3 more its size in bulk, about 45 minutes.

Then, preheat oven to 425°. Bake for 60 minutes, until crust is brown. Cool on rack 10 minutes. Loosen loaf and cool on rack completely before slicing or wrapping.

Edna Biase

STRAWBERRY BREAD

3 c. all-purpose flour
1 Tbsp. cinnamon
1 tsp. baking soda
1 tsp. salt
1 1/4 c. vegetable oil
3 eggs
2 c. sugar
2 (10 oz.) pkg. frozen strawberries, thawed and drained
1 c. chopped pecans

Combine first 4 ingredients; set aside. Combine oil, eggs and sugar in a large bowl; use an electric mixer; mix well. Gradually add dry ingredients to

creamed mixture. Stir until all ingredients are moistened. Stir in strawberries and chopped pecans.

Spoon mixture into 2 greased and floured 8 1/2 x 4 1/2 x 3-inch loaf pans. Bake at 350° for 1 hour or until wooden pick comes out clean. Cool 10 minutes; remove to wire rack.

Pamela K. Lycke

ICE CREAM PARFAIT PIE

1 1/2 c. orange juice
1 pkg. orange-flavored powder
1 c. shredded coconut
heavy cream for whipping
1 pt. vanilla ice cream

Heat orange juice to boiling in 2-quart pan. Remove from heat. Add orange-flavored powder and stir until dissolved. Cut ice cream into pieces and add to liquid; stir until melted. Fold in coconut. Chill until thickened but not set (30 to 35 minutes).

Turn into cooled 8- or 9-inch baked shell. Chill until firm (about 15 minutes). Top with whipped cream and additional coconut if desired.

Tasty Cooler

LEMON MERINGUE PIE #1

2/3 c. sugar
1/4 c. cornstarch
1/8 tsp. salt
1/4 c. cold water
1 Tbsp. grated lemon rind (optional)
1 c. hot water
1/2 c. lemon juice
3 egg yolks, slightly beaten
2 Tbsp. margarine or butter
3 egg whites
2/3 c. sugar
1 (8-inch) baked pie shell

Combine sugar, cornstarch, salt and cold water; blend well. Add hot water and cook and stir over medium heat until thick. Continue cooking over low heat about 5 minutes, until mixture is clear; stir occasionally. Add lemon juice and optional rind. Cook 2 more minutes.

Remove from heat and very slowly blend into beaten egg yolks; stir constantly. Return to pan and cook 2 more minutes; stir constantly. Remove from heat; add butter or margarine; blend well. Cool. Pour into baked shell.

Beat egg whites on high speed of mixer until very thick. Slowly add 2/3 cup sugar as you beat. Beat until stiff peaks form. Spread over pie and bake in a 375° oven until delicately browned, about 15 minutes.

Edna Biase

LEMON MERINGUE PIE #2

1/3 c. powdered milk
3/4 c. sugar
1/4 c. cornstarch
1/2 c. lemon juice
1/4 tsp. salt
3 egg yolks
1 2/3 c. cold water
3 egg whites
2/3 c. sugar
1 baked 8-inch pie shell

Blend dry milk, cornstarch, 3/4 cup sugar and salt in pan. Mix egg yolks with the cold water and stir into dry mixture. Blend until smooth. Cook and stir over medium heat until very thick, then cook over low heat 5 more minutes. Remove from heat and stir in lemon juice. Cool, then pour into baked pie shell.

Beat egg whites at high speed of mixer until very thick. Slowly add 2/3 cup sugar and continue beating until stiff peaks form. Spread over lemon pie and bake at 375° until delicately browned, about 15 minutes.

Edna Biase

LEMON MERINGUE PIE #3

1 pkg. lemon pudding and pie filling
1/4-1/2 c. cold water (as indicated on package)
3 egg yolks
1/4 c. sugar
15 1/2 oz. cold water
1/2 oz. lemon juice
3 egg whites
2/3 c. sugar
1 baked 8- or 9-inch pie shell

Combine package of pie filling mix, 1/4 to 1/2 cup water, egg yolks and 1/4 cup sugar in pan. Blend well.

In measuring cup, blend 15 1/2 ounces water with lemon juice to make 2 cups. Stir into mix in pan and blend until smooth. Cook and stir over medium heat until mixture boils, as in package directions. Cool as indicated.

Beat egg whites in bowl until very thick at high speed of mixer. Slowly add 2/3 cup sugar, beating constantly, until stiff peaks form. Spread on pie. Bake in a 375° oven until delicately brown, about 15 minutes.

Edna Biase

RHUBARB CREAM PIE

2 1/2 c. cut-up rhubarb
1 c. sugar
2 eggs
2 Tbsp. butter
3 Tbsp. flour
1/2 c. orange juice
rind of 1 orange

Pour boiling water over rhubarb and let stand for 10 minutes. Then pour off. Arrange rhubarb in pie shell.

Mix sugar, flour, beaten eggs, juice, rind and butter and pour over rhubarb.

Roll out pastry; cut into strips and arrange lattice on top. Bake in hot oven at 425° for 15 minutes, then reduce heat to 375° and bake for 45 minutes or until done.

Excellent.

Ellen Johns

STRAWBERRY PIE

1 baked pie shell
1 qt. fresh strawberries
3/4 c. water
1 c. sugar
3 Tbsp. cornstarch
1 Tbsp. lemon juice
whipped cream

Cut 1 cup of berries in halves and add 3/4 cup water. Heat and simmer for 4 minutes. Add sugar mixed with cornstarch. Cook until thick and transparent. Add lemon juice.

Take remaining whole strawberries; cover pie shell bottom evenly and pour cooked mixture over. Refrigerate until ready to serve and then top with whipped cream.

Ellen Johns

FRUIT KUCKEN

3 c. flour
1 1/4 c. sugar
1/2 tsp. baking powder
1/4 tsp. salt
3/4 c. butter
1 tsp. cinnamon
4 egg yolks
2 c. sour cream
peaches or apples, blueberries, nectarines, etc.

Mix first 5 ingredients and pat into 8 x 13-inch pan. Slice fresh peaches or nectarines or apples or all of the above and if I have blueberries, I sprinkle them on top of the sliced fruit. Also, I do not peel the fruit and wash it well and then slice. Arrange in crust. Combine:

1 c. sugar
1 tsp. cinnamon

Sprinkle on top of fruit. Bake in a 400° oven for 15 minutes and pour the following on top:

4 egg yolks, beaten
2 c. sour cream

Return to oven and bake 30 minutes at 400°.

Ellen Johns

BLUEBERRY BRAN MUFFINS

3/4 c. milk
1/3 c. unsalted butter, softened
1/2 c. sugar
1 egg
1 2/3 c. sifted flour
1/4 tsp. vanilla
2 1/2 tsp. baking powder
1/2 tsp. salt
1/4 c. unprocessed bran
1 generous c. blueberries

Preheat oven to hot 425°. Grease bottom only of 12 (2 1/2-inch) muffin pans.

Beat together the butter and sugar until light and fluffy. Beat in egg, milk and vanilla (might look separated). Sift together the flour, baking soda and salt. Stir in bran. Add butter to mixture and mix with fork. Don't overmix; still batter will not be smooth. Toss in berries.

Fill pans 3/4 of the way. Bake for 23 minutes or until golden brown.

Fellowship Favorite

OATMEAL-APPLE MUFFINS

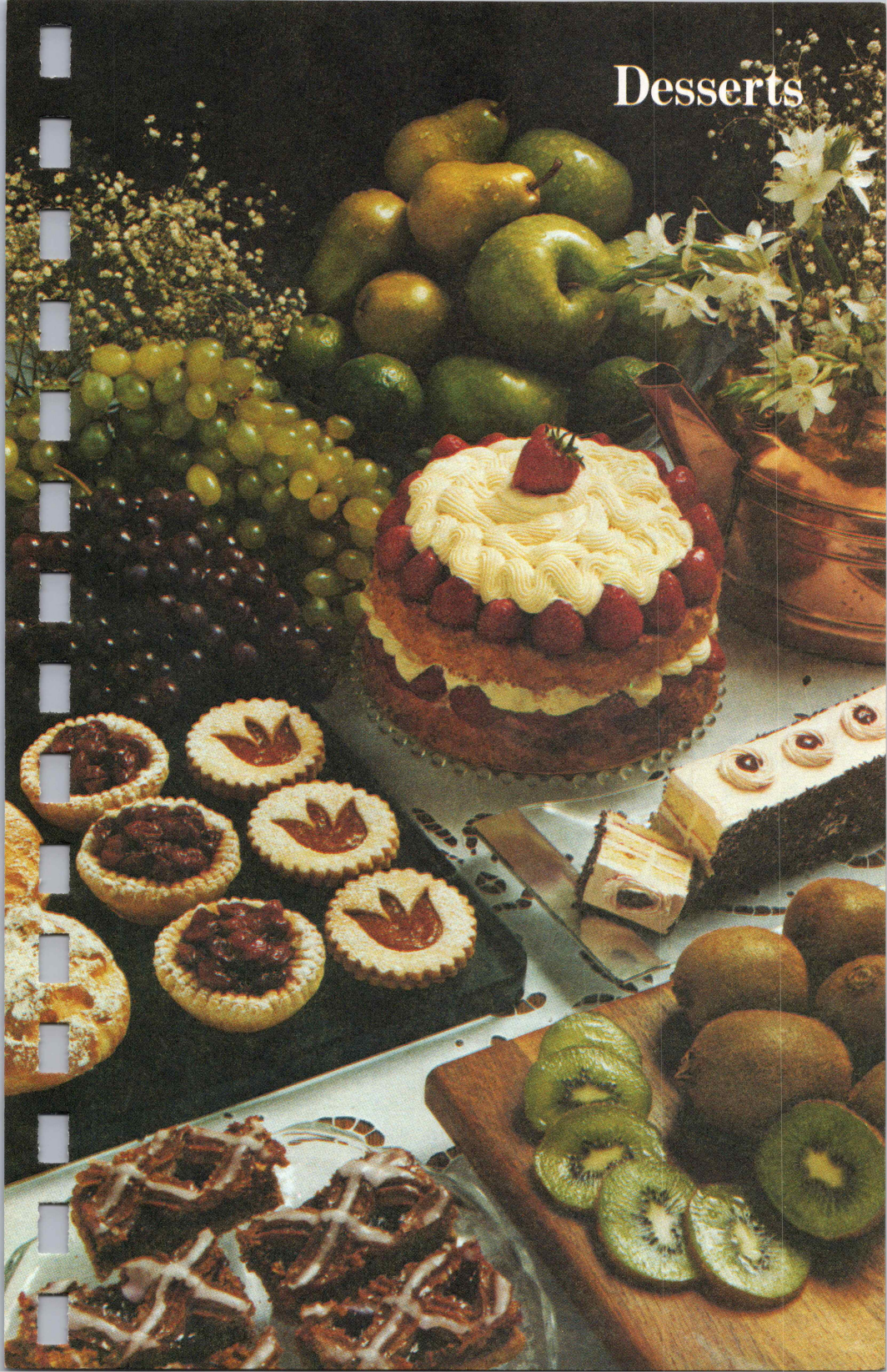
3/4 c. quick-cooking oatmeal
3/4 c. plus 2 Tbsp. low-fat milk
1 egg
2 Tbsp. oil
2 Tbsp. molasses
3/4 c. grated apple
1 1/4 c. unbleached flour
1 Tbsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. salt
1/2 c. blanched raisins (can be added; optional)

Preheat oven to 400°. Grease 12 muffin tins. Soak oats in milk, 15 minutes, in bowl. Add egg, oil, molasses and apple (raisins also if wanted). Mix well by hand. Sift flour, baking powder, cinnamon and salt and add to oat mixture, stirring only until just combined.

Fill muffin tins 1/2 to 3/4 full. Bake 20 minutes or until they spring back from finger touch.

Edna Biase

** EXTRA RECIPES **


Desserts

Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water
1 c. sour milk	1 c. sweet milk and 1 T lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream (for sour milk recipe)	⅓ c. butter and ⅔ c. milk
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)
1 1-oz. square unsweetened chocolate	3 T cocoa plus ½ T. shortening
1 T. cornstarch (for thickening)	2 T. flour (approx.)
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks
1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. canned tomatoes	1 ⅓ c. cut-up fresh tomatoes, simmered 10 min.
1 c. molasses	1 c. honey
1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. granulated sugar	1 ⅓ c. brown sugar or 1 ½ c. powdered sugar
1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal	3 cups
1 lb. cornstarch	3 cups
1 lemon rind	1 Tbsp. grated
3-4 med. oranges	1 cup
1 orange rind	2 Tbsp. grated
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

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CHOCOLATE CAKE

3/4 c. cocoa
2 c. sugar
2 c. flour
1 tsp. baking powder
2 tsp. baking soda

Sift together. Add:

1/2 c. Wesson oil
2 eggs
1 tsp. vanilla
1 c. cold black coffee
pinch of salt

Bake in lined pan for 25 to 30 minutes at 350°.

Whipped Cream Frosting:

2 Tbsp. flour
1/2 c. milk
1/4 c. butter
1 tsp. vanilla
1/2 c. sugar
1/4 c. shortening

Mix flour and milk in saucepan; cook until thick and set aside.

Cream butter and shortening 4 minutes with electric mixer. Add sugar gradually; beat 4 minutes. Add flour paste and beat 4 minutes. Add vanilla and blend.

Audrey Dilbatis

CHOCOLATE SAUERKRAUT CAKE

2/3 c. margarine
1 1/2 c. sugar
3 eggs
1 1/4 tsp. vanilla
2 1/4 c. sifted flour
1/2 c. unsweetened cocoa
1 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1 c. water
1 c. rinsed, drained and chopped sauerkraut

Cream margarine; graudally beat in sugar. Beat in eggs one at a time; add vanilla. Sift together the flour, cocoa baking powder, soda and salt. Add dry ingredients alternately to creamed mixture with the water, beginning and ending with dry ingredients.

Stir in kraut. Divide batter into 2 greased and floured 8-inch pans. Bake at 375° for approximately 35 minutes.

Evelyn Fischer

MISSISSIPPI MUD CAKE

2 sticks oleo
1/2 c. cocoa
2 c. sugar
4 eggs, slightly beaten
1 1/2 c. all-purpose flour
pinch of salt
1/2 c. chopped nuts
1 tsp. vanilla
1 1/2 c. miniature marshmallows
chocolate frosting

Melt butter with cocoa. Remove from heat and stir in sugar and beaten eggs. Add flour, salt, nuts and vanilla and mix well. Spoon batter into buttered pan (13 x 9 x 2 inches). Bake at 350° for 35 to 45 minutes. Remove from oven and sprinkle marshmallows on hot cake. Cover with chocolate frosting immediately.

This cake has no baking powder.

Jane McGowin

BAVARIAN STYLE CHOCOLATE CAKE

2 c. sifted cake flour
1 2/3 c. sugar
1 1/2 tsp. soda
1 tsp. salt
2/3 c. milk
3 eggs
1/2 tsp. baking powder
1/2 c. shortening
3 (1 oz.) sq. semi-sweet chocolate, melted
1 tsp. vanilla
2/3 c. milk

Preheat oven to 350°. Combine dry ingredients in mixing bowl. Add shortening, melted chocolate and 2/3 cup milk. Blend for 30 seconds; beat with mixer at medium speed for 2 minutes or by hand for 300 vigorous strokes. Add eggs, rest of milk and vanilla. Beat 2 minutes (medium speed) or 300 strokes.

Spread batter in 2 well-greased and floured 9 x 1 1/2-inch layer cake pans. Bake at 350° for 30 to 35 minutes, until center springs back when touched lightly. Cool 10 to 20 minutes, then remove from pans.

When cooled, spread with coconut pecan frosting or your other preference. Makes two 9-inch layers.

Edna Biase

ORANGE CAKE

1 c. margarine
1 c. sugar
2 whole eggs
2 c. flour
1 tsp. baking powder
1 tsp. baking soda
1 c. sour cream
1 orange rind, grated
1/2 c. raisins or nuts

Mix together the margarine and sugar until creamy; add eggs. Add dry ingredients and lastly cream, orange rind and nuts or raisins. Bake in Bundt pan, well greased and floured, at 350° for approximately 45 to 50 minutes. Pour juice from 1 orange over hot cake.

Evelyn Fischer

BANANA CAKE

1/4 c. butter, softened
1 1/3 c. sugar
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. baking powder
1 tsp. baking soda
3/4 tsp. salt
8 oz. sour cream
1 c. mashed bananas
1/2 c. chopped pecans

Beat butter and sugar. Add 1 egg at a time. Add vanilla, flour, baking powder, baking soda, salt, sour cream, mashed bananas and pecans. Bake at 350° for 40 minutes.

Brita Meberg

EASY BLACKBERRY DESSERT

1 qt. blackberries
1 stick butter or margarine
2 c. Bisquick (buttermilk baking mix)
1 c. milk
3/4 c. sugar

Wash blackberries well. Melt butter or oleo in a 9 x 13-inch cake pan.

Mix together the Bisquick, milk and sugar. Pour melted butter from pan into mixture and stir well. Spread in pan. Spread the washed blackberries evenly over top. Sprinkle 1/4 cup sugar on top. Bake at

350° for 30 to 35 minutes, until tester comes clean. Serve with whipped cream or Cool Whip.

Libby Lane

SPICED COFFEE CAKE

2 c. flour
2 Tbsp. baking powder
1 c. sugar
2 tsp. cinnamon
1 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. salt
1/2 c. shortening
1 egg
2 Tbsp. molasses
1 c. sour milk
1/2 tsp. soda

Sift flour, baking powder, sugar, spices and salt together. Blend in the shortening as in making pastry. Reserve 1/2 cup of this crumbly mixture for the top of the cake.

To the remaining flour mixture, add the beaten egg, molasses and the sour milk in which the soda has been dissolved. Beat until smooth.

Pour into a greased and floured 8 x 10-inch pan. Sprinkle with reserved mixture. Bake in oven at 350° for 30 to 40 minutes. Serve warm.

Charlotte Sears

SOUR CREAM COFFEE CAKE

Topping:

1 (6 oz.) can chopped walnuts
3 tsp. cinnamon
1/2 c. sugar

Batter:

1/2 lb. butter or oleo
4 eggs
2 c. sifted flour
2 tsp. baking soda
2 c. sour cream
2 c. sugar
2 tsp. vanilla
2 tsp. baking powder
1/2 tsp. salt

Combine topping ingredients and set aside. Cream butter with sugar until light. Add eggs, one at a time, and beat well after each addition. Add vanilla; blend well. Sift flour, baking powder, baking soda and salt together. Add to creamed mixture alternately with sour cream. Blend well.

Pour half the batter into a 10 x 4-inch pan; sprinkle half the topping mix over that, then add remaining batter. Put rest of topping over that. Bake at 350° for about 30 minutes. (Two smaller pans may be used.)

Marge Bell

NOBBY APPLE CAKE

3 Tbsp. butter
1 c. sugar
1 egg, beaten
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
1 tsp. baking soda
1 c. sifted flour
3 c. diced apples
1/4 c. chopped nuts
1 tsp. vanilla

Cream shortening and sugar; add egg and mix well. Sift dry ingredients together; add to creamed mixture. Stir in diced apples, nuts and vanilla.

Pour into greased 8 x 8 x 2-inch pan. Bake in a moderate oven at 350° for 40 to 45 minutes. Serve hot or cold, with or without whipping cream or ice cream.

Frances S. Tuthill

POUND CAKE

2 c. sifted, self-rising cake flour
1 1/2 c. sugar
4 eggs
1 c. butter
1/2 c. milk
1 tsp. vanilla

Note: Do not preheat oven. When cake batter is thoroughly mixed, place it in greased and floured 9- or 10-inch tube pan, then in cold oven and then turn oven heat to 350°.

To make cake, place all ingredients in large mixing bowl; beat with electric mixer on medium for 20 minutes.

Pour into prepared pan and bake for 1 hour or until cake tests done. Cool on cake rack for 10 minutes, then turn out of pan and place top side up on rack until completely cool, at least 1 hour. Sprinkle with confectioners sugar. Let stand at least 4 hours before serving.

Judi Blake

POUND CAKE

1 c. butter or margarine, softened
2 c. sugar
4 eggs (room temperature)
2 tsp. vanilla
2 1/2 c. unsifted flour
2 tsp. baking powder
1/2 tsp. salt
1 c. milk (room temperature; a blend of whole milk with evaporated is good for rich flavor)

Heat oven to 350°. Grease and flour either one 9-inch tube or Bundt pan or 2 medium-sized loaf pans.

In large bowl, cream butter and sugar well; add eggs, two at a time, beating on high speed of mixer until light and very creamy. Blend in vanilla. Mix flour, sugar, baking powder and salt in a separate bowl. Add to creamed ingredients alternately with milk and ending with flour mixture, using medium mixer speed, beating each time so the batter is creamy. Continue beating until batter is satiny smooth.

Pour into pan. Bake 50 to 60 minutes or until cake springs back at finger touch and is browned. Let cool 10 minutes. Loosen edges and turn out on rack to cool.

Edna Biase

CARROT CAKE

1 c. Wesson oil
2 c. sugar
4 beaten eggs (put in separately)
2 c. sifted flour
1 tsp. cinnamon
2 tsp. soda
1 tsp. salt
3 c. grated carrots

Sift last 4 ingredients. Grate 3 cups of carrots in food processor fine. Blend oil, sugar and eggs until creamy; add dry ingredients to wet ones slowly. Add grated carrots.

Grease and flour a 10-inch tube pan. Bake 35 to 45 minutes or until toothpick comes out clean at 350°.

Cream Cheese Icing:

8 oz. cream cheese
1 box confectioners sugar
1 c. chopped nuts
1 stick butter or oleo
1 tsp. vanilla

Cream the cream cheese and butter; add sugar and vanilla. Frost cake and sprinkle with nuts.

Judi Blake

DAISY'S CARROT CAKE

1/2 c. cooking oil
1 c. brown sugar
1 c. white sugar
4 eggs
2 c. sifted flour
2 tsp. baking soda
3 tsp. cinnamon
1 tsp. vanilla
1 c. nuts (almonds, walnuts, pecans)
3 c. grated carrots

Preheat oven to 325°. Grease and flour 1 pudding or Bundt tin or 2 cake tins.

Beat oil, sugar and eggs thoroughly until creamy. Add flour sifted with baking soda, cinnamon and salt, a little at a time. Continue beating. Add carrots and continue beating. Blend in vanilla and nuts. Bake 1 hour or until done (when center springs back from gentle press).

Frosting for Daisy's Carrot Cake:

5 oz. butter
5 oz. cream cheese
milk
2 1/2 c. confectioners sugar
1 tsp. vanilla

Cream together the butter or margarine with cream cheese; add enough milk and blend for good thick, smooth consistency. Add confectioners sugar; blend and beat for good spreading consistency. Add vanilla. Blend well. Spread on cooled cake.

Carol MacDonald

CREAMY FRENCH ICING

2 Tbsp. water
4 1/2 Tbsp. granulated sugar
2 1/2 c. sifted powdered sugar
1 egg
2/3 c. shortening (oleo, Crisco or combination)
1 tsp. vanilla

Boil water and granulated sugar together a few minutes. Mix powdered sugar and egg. Blend in the sugar syrup. Add shortening and vanilla. Beat on

high speed of electric beater until creamy and fluffy. Makes enough to fill and frost a 2-layer cake.

Edna Biase

LEMON FILLING

3/4 c. sugar
3 Tbsp. cornstarch
3/4 c. water
1/4 tsp. salt
1 Tbsp. butter or margarine
1/3 c. lemon juice
4 drops yellow food coloring (optional)

Blend sugar, cornstarch and salt with water in small pan. Stir constantly over medium heat until mixture boils and thickens, then boil for about a minute, until clear of color. Remove from heat; add rind and butter. Stir in juice. Keep in refrigerator until set. Makes enough filling for 2-layer cake.

Edna Biase

COCONUT PECAN FROSTING
(Frosts Tops Of 2 Layers)

2/3 c. sugar
2/3 c. evaporated milk
2 egg yolks
1/3 c. Crisco (or similar)
1/2 tsp. vanilla
1 1/3 c. flaked coconut
2/3 c. chopped pecans

In saucepan, combine sugar, evaporated milk, egg yolks, shortening and vanilla. Cook over medium; stir constantly, until mixture comes to a boil (about 12 minutes). Remove from heat and add coconut and pecans. Beat until thick. Cool 15 minutes. Spread only on top layers of cake.

Edna Biase

LEMON SPONGE PUDDING

1 c. sugar
1/4 c. flour
1/8 tsp. salt
1/4 c. lemon juice
1 tsp. lemon rind, grated
2 egg yolks, well beaten
2 egg whites, beaten stiffly
1 c. scalded milk

Heat oven to 325°. Combine sugar, flour, salt and butter; add lemon juice and rind. Add egg yolks and mix well. Slowly stir in scalded milk. Fold in

and mix well. Slowly stir in scalded milk. Fold in egg whites.

Pour into a greased 1 1/2-quart casserole or individual molds. Set in pan of hot water. Bake 50 minutes. The pudding rises to top and lemon custard remains at bottom.

This is good hot or cold.

Lemon-Fresh Delicious

RICE PUDDING

2 qt. milk
2 c. rice
6 eggs
2 c. sugar
1 Tbsp. vanilla
1 tsp. salt

Boil rice and 2 quarts water until water evaporates. Mix well the 6 egg yolks, sugar, vanilla and salt. Add mixture and milk to rice. Cook until creamy, 15 to 20 minutes. Beat egg whites until stiff and fold into mixture.

Muriel Glogg

SHERRY PUDDING

1 qt. milk
4 yolks of eggs (separate and beat whites stiff later)
4 Tbsp. sugar
2 envelopes Knox gelatine

Mix together and bring to almost boiling point. Remove from stove and cool. Mix in sherry (to taste) and fold in beaten egg whites. Chill in refrigerator until serving time. Then trim with whipped cream and maraschino cherries.

Ruth Mathisen

CHRISTMAS WREATH COOKIES

1/2 lb. sweet butter
1 c. sugar
2 c. flour
3 eggs, separated
1/2 tsp. lemon extract
1/2 tsp. vanilla
powdered sugar
chopped walnuts

Knead the butter; add sugar and mix. Add the flour and knead. Add 3 egg yolks, lemon and vanilla. In separate bowl, mix powdered sugar and nuts.

Roll out dough and cut in shape of wreath (use glass rim and thimble). Dip one side of cookie into egg white, beaten, and then into sugar. Bake at 350° for 10 to 12 minutes. When baked, sprinkle with powdered sugar.

Marion Waters

CINNAMON NUT CRESCENTS

2 c. unsifted all-purpose flour
1/8 tsp. salt
1 c. butter or margarine
2/3 c. sour cream
1 egg yolk
1/2 tsp. vanilla
2/3 c. chopped nuts
2/3 c. sugar
1 tsp. cinnamon
1 egg white, slightly beaten

Heat oven to 350°. Grease 2 or 3 cookie sheets. Mix flour and salt in a bowl. Cut in butter until mixture resembles coarse crumbs.

In separate bowl, blend sour cream, egg yolk and vanilla. Gradually add to flour mixture; blend well. Chill until firm enough to handle, 3 to 4 hours.

Divide dough into 3 parts. On lightly floured board, roll each part into a 9- or 10-inch circle, about 1/8 inch thick. Cut into 12 wedges.

Mix nuts, sugar and cinnamon and sprinkle over wedges. Roll each from widest end to the point. Brush with egg white and sprinkle with nut mixture. Bake 18 to 20 minutes. Makes 3 dozen.

Edna Biase

MUSHROOM MERINGUES

3 egg whites (room temperature)
1/2 c. sugar
1/4 c. cream of tartar
1/3 c. semi-sweet chocolate morsels
cocoa

Heat oven to 225°. Line a baking sheet with parchment or waxed paper.

Beat egg whites with tartar until soft peaks form. Gradually add sugar, one tablespoon at a time, beating until stiff peaks form (high mixer speed).

Spoon meringue into decorating bag fitted with No. 12 metal tip. Pipe equal numbers of mushroom caps and stems onto paper.

Caps: Make mounds of about 1 1/4 inches in diameter. Smooth tops with metal spatula.

Stems: Pipe strips about 1 1/2 inches long and 3/4 inch in diamter. Smooth.

Bake for 1 hour or until thoroughly dry. Cool, then gently peel from paper. With sharp knife, cut small hole in bottom of caps for stems to fit.

Melt chocolate in double boiler and spread on cap bottoms. Insert stems; turn caps upside down until chocolate hardens. Lightly sift cocoa over them. Store in airtight container.

Edna Biase

RAISIN COOKIES

1/2 c. soft margarine or butter (or half of each)
3/4 c. sugar
1 3/4 c. sifted flour
1/4 tsp. salt
1 c. seedless raisins (white)
1 large egg
1/2 tsp. vanilla
3/4 tsp. baking soda
3/4 tsp. cream of tartar

Cream butter and sugar. Add egg. Add sifted flour, soda, salt, cream of tartar and raisins. Form balls. Place on ungreased pan. With floured tine of fork, make crisscross pattern. Bake at 375° for 10 minutes. Makes 4 dozen cookies.

Edna P. Steck

PEANUT BLOSSOMS

1 3/4 c. flour
1/2 c. sugar
1/2 c. brown sugar
1/2 c. shortening
1/2 c. peanut butter
1 egg
2 Tbsp. milk
1 tsp. vanilla
48 candy kisses

Combine ingredients, except candy, in mixing bowl. Mix until dough forms large ball. Shape into smaller balls, using a rounded teaspoonful for each. Roll balls in sugar and place on ungreased cookie sheet. Bake at 375° for 10 to 12 minutes, until golden brown.

Top with kisses as soon as possible. Push kisses into cookies. Let stand until candy hardens up again. Makes 48 cookies.

Carol Lucas

BUTTERSCOTCH OATMEAL CRISPS

1 c. rolled oats
1/2 c. sifted flour
1 tsp. baking powder
1/4 tsp. salt
1 (6 oz.) pkg. butterscotch morsels
1/3 c. margarine
1 egg

Preheat oven to 300°. Combine and set aside the rolled oats, flour, baking powder and salt. Melt over hot (not boiling) water the butterscotch morsels. Remove from water. Stir until smooth. Add margarine. Beat in egg. Stir in the rolled oat mixture.

Drop by half teaspoons, 3 inches apart, to allow for spreading on ungreased cookie sheet. Bake 18 to 20 minutes. Remove immediately from cookie sheet.

Evelyn Fischer

VANILLA WAFERS

1/2 lb. butter
1 c. sugar
2 whole eggs
1 1/2 c. flour
1 tsp. vanilla

Cream butter and sugar and add eggs. Add flour and vanilla. Drop from teaspoon onto greased cookie sheet, leaving room for spreading. Bake approximately 10 minutes at 350°.

Evelyn Fischer

WASHINGTON COOKIES

1 1/2 c. flour
1 tsp. soda
1 tsp. salt
1 c. margarine
3/4 c. brown sugar
3/4 c. granulated sugar
2 eggs
1 tsp. vanilla
1 c. chopped nuts
2 c. oatmeal
1 pkg. chocolate bits

Sift flour; measure and sift again with soda and salt. Cream margarine with both sugars. Beat eggs into margarine-sugar mixture. Add vanilla and mix

well. Stir in dry ingredients. Add nuts, oats and bits and mix all together.

Drop onto greased cookie sheet and bake at 350° for about 12 to 15 minutes. Makes about 6 dozen.

Evelyn Fischer

CREAM CHEESE COOKIES

1 c. flour
1/3 c. brown sugar
6 Tbsp. butter
1 (8 oz.) pkg. cream cheese
1/4 c. sugar
1 egg
2 Tbsp. milk
1/4 tsp. lemon peel
2 Tbsp. lemon juice
1/2 tsp. vanilla
2 Tbsp. chopped walnuts

Combine flour and brown sugar; cut in butter and reserve 1 cup. Press remainder into 8 x 8 x 2-inch pan. Bake at 350° for 12 to 15 minutes.

Mix rest of ingredients well. Spread over crust. Combine nuts with reserved topping. Bake 20 to 25 minutes at 350°.

Muriel Glogg

CHOCOLATE MOCHA BARS

1 c. Parkay margarine
1 c. sugar
1 egg
2 c. flour
1 Tbsp. instant coffee granules
1 c. mini semi-sweet chocolate pieces
1/2 c. chopped pecans

Beat margarine and sugar until light and fluffy. Blend in egg. Add combined flour and coffee granules; mix well. Stir in chocolate pieces.

Spread dough evenly into lightly greased 15 x 10 x 1-inch jelly roll pan. Sprinkle with pecans and press lightly into dough. Bake at 350° for 20 to 25 minutes or until edges are lightly browned. Cool. Cut into bars.

Evelyn Fischer

** EXTRA RECIPES **

Beverages,
Sandwiches & Misc.

Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tarter, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

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GREEN PEPPER JELLY

4 large green peppers
1 1/2 c. cider vinegar
1 small hot red pepper or 10 drops Tabasco sauce
6 1/2 c. sugar
1 (6 oz.) pkg. Certo
green food coloring

Cut pepper into small pieces; put into blender with vinegar (half at a time). Puree for 30 seconds.

Combine mixture, red pepper and sugar in large kettle. Cook to rolling boil, stirring constantly, for 10 minutes. Remove and let stand 15 minutes. Return to boil for 2 minutes.

Strain in cheesecloth for 12 hours. Put pepper liquid in large kettle on high heat; stir to full boil. Add Certo and return to boil for 1 minute. Makes 4 cups. (Use sterile glasses.)

There are 80 calories per tablespoon. It is good with meat or fowl.

Deborah Skippon

BEACH PLUM JELLY

3 1/2 c. beach plum juice
6 c. sugar
1 pouch Certo

Pick a mixture of purple (dead ripe) and red (not quite ripe) beach plums. Wash well (not necessary to destem) and put in a large kettle with water, enough to just barely see. Boil until soft, mashing with a potato masher as they boil (about 30 minutes). Strain for 12 hours through cheesecloth.

To 3 1/2 cups juice, add sugar. Bring to rolling boil. Add Certo and return to boil for 1 minute. Remove and skim. Put into sterilized glasses.

Do not cook more than 1 recipe at a time.

Deborah Skippon

CRANBERRY MARMALADE

2 oranges
1 lemon
3 1/2 c. fully ripe cranberries
6 1/2 c. sugar
1/2 bottle Certo
1 (6-8 qt.) wide pot

Cut oranges and lemon from top to bottom into eighths. Remove seeds. Slice crosswise, wafer thin. Add:

1 1/2 c. water 1/8 tsp. baking soda

Simmer, covered, 20 minutes; stir occasionally. Add cranberries; simmer, covered, 10 minutes more. Add exact amount of sugar and mix well. Place on high heat and bring to full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and at once, add Certo. Stir for 7 minutes to cool slightly and prevent fruit from floating.

Ladle into glasses and cover with hot paraffin. Half-pint pop lid canning jars work well and no paraffin is needed.

Lena A. Greenwaldt

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Cranberry Marmalade 65

Thank You...

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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.
ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.
BATTER — A mixture of flour or liquid that can be beaten or stirred.
BISQUE — A rich thick cream soup made from fish.
BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
BOUILLABAISE — A chowder made from several varieties of fish and wine.
BOUILLON — Clear soup made from lean beef.
BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.
CIDER — The juice from pressed apples used as a beverage or to make vinegar.
CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.
COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.
CRACKLINGS — Crisp particles left after fat has been fried out.
CROQUETTES – Chopped meat held together by eggs, shaped and dipped into crumbs then fried.
DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.
DRIPPINGS — Liquids resulting from meat being cooked.
ENTREE – A dish served between the chief courses, before the roast.
FONDUE – A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.
FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS — The liver, gizzard or heart of poultry.
HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.
INFUSION — Liquid taken from tea, herbs or coffee.
JULIENNE — Food cut into very thin strips.
MACEDOINE — A mixture of fruits or vegetables.
MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.
MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.
BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW — To cook in hot liquid until flavor is extracted.
BROIL — To cook by exposing the food directly to the heat.
BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COAT SPOON — When a mixture forms a thin even film on the spoon.
CODDLE — To cook slowly and gently in a liquid just below the boiling point.
CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.
CUBE — To cut in even sliced pieces.
CUT — To divide foods with a knife or scissors.
DICE — To cut into small cubes.
DISSOLVE — To pass into solution.
FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Favorite Recipes

Recipe Name **Page No.**

Notes

Appetizers, Relishes & Pickles

Soups, Salads Sauces

Main Dishes (Casseroles)

Meats, Poultry & Seafood

Vegetables

Breads, Rolls, Pies & Pastry

Low-Calorie Dishes

Cakes, Cookies, & Confections

Desserts

Beverages, Sandwiches & Misc.

Cooking Hints

We Have The Recipe For

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Personalized Community Cookbooks

Here's How To Use Your Thumb Index: Place thumb on black tab of the item you want to find. Flip through until a black tab appears under your thumb.

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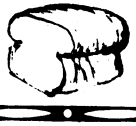
Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb → / When You Fix: ↓	Ginger	Marjoram	Oregano	Sage	Tarragon
	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints

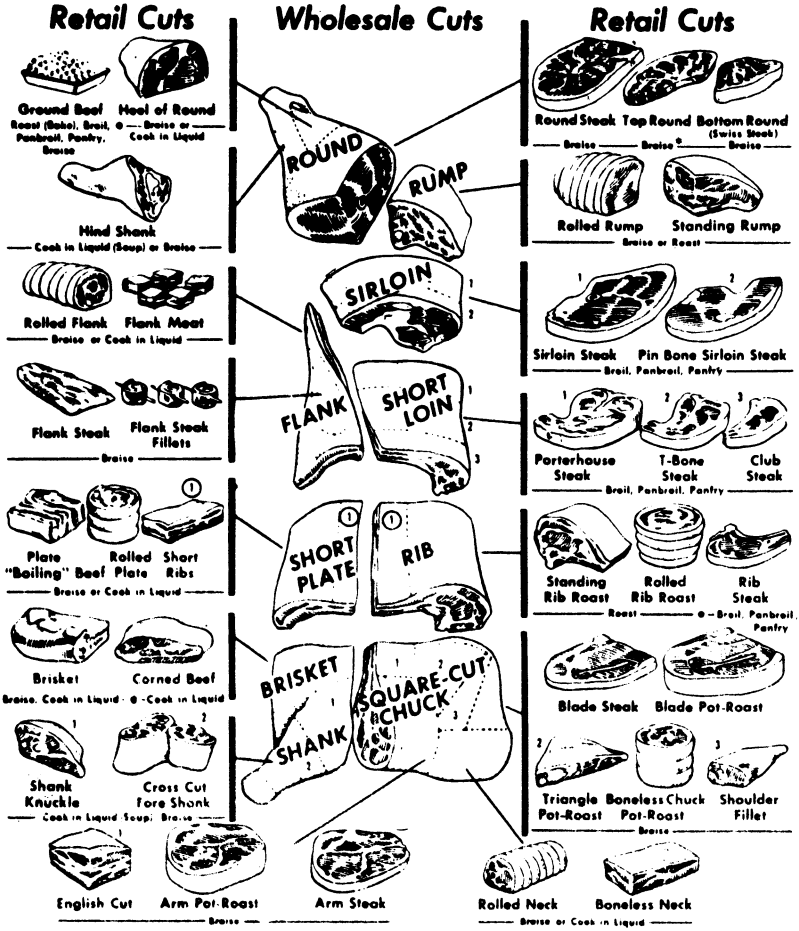
MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

	MEAT	WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	**Chicken**		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART



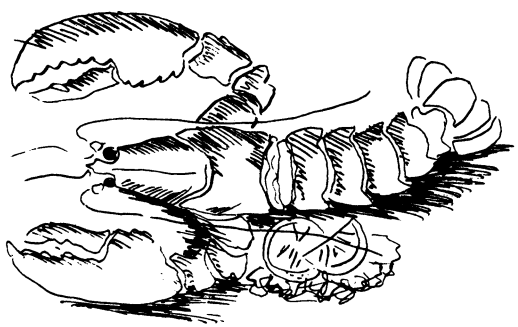


Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook coverd in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling walted water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Calorie Counter

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS		Calories
Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS		
Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265

Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150

Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:		
Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

		Calories
FRUITS		
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60
MEATS		
Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230
SALADS AND DRESSINGS		
Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food	25 Servings	100 Servings
Meat, Poultry or Fish		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
Sandwiches		
Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads
Salads, Casseroles		
Potato Salad	4 ¼ qts.	4½gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
Vegetables		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour
1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.
1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.
1 square chocolate (1 ounce) .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.
1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.
1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.
1 cup cream, sour, thin .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.
1 whole egg .... 2 egg yolks for custards.
1 cup molasses .... 1 cup honey.
1 package active dry yeast .... 1 cake compressed yeast.
1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.
1 tablespoon prepared mustard .... 1 teaspoon dry mustard.